# Guided breathing

**I breathe with**
## Fluffy, the sheep

Breathe out
Breathe in

miniature family

**I breathe with**
## Whiskers, the kitten

Breathe out
Breathe in
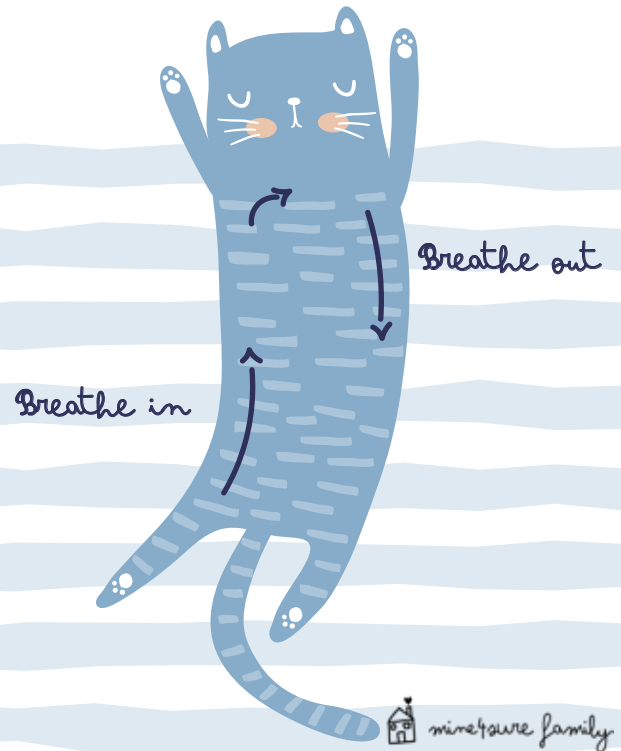
miniature family

**I breathe with**
## Zippy, the girafe

Breathe in
Breathe out

miniature family

**I breathe with**
## Splash, the octopus

Breathe in
Breathe out

miniature family