**BREATHING WITH COLOR**

1. Choose a color for your **good** feelings

2. Choose a color for **not so good** feelings that you want to go away

3. Close your eyes, breathe in your **good** color and hold it with nice feelings

4. Now, think of the **not so good** color and imagine you blow it away!

Breathe with color again until you feel **good and relaxed**!

FOR MORE KIDS ACTIVITES VISIT  www.preparecenter.org/kidskit