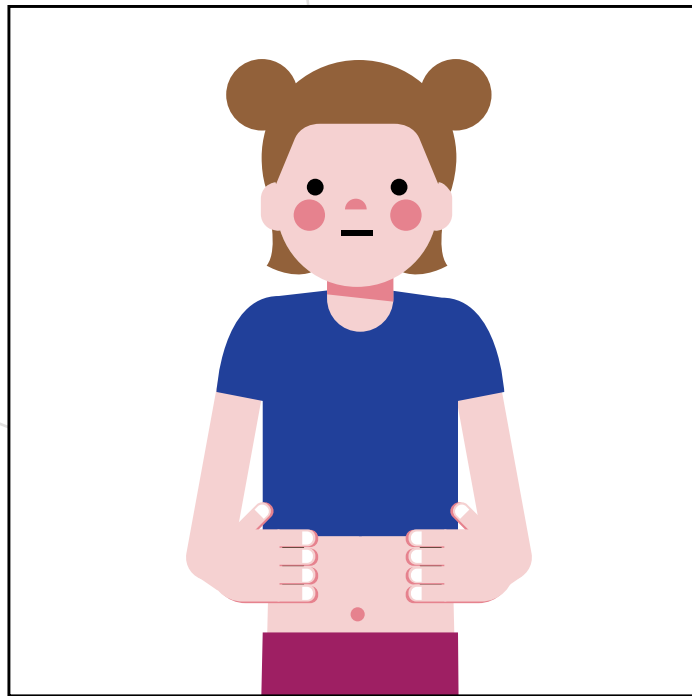
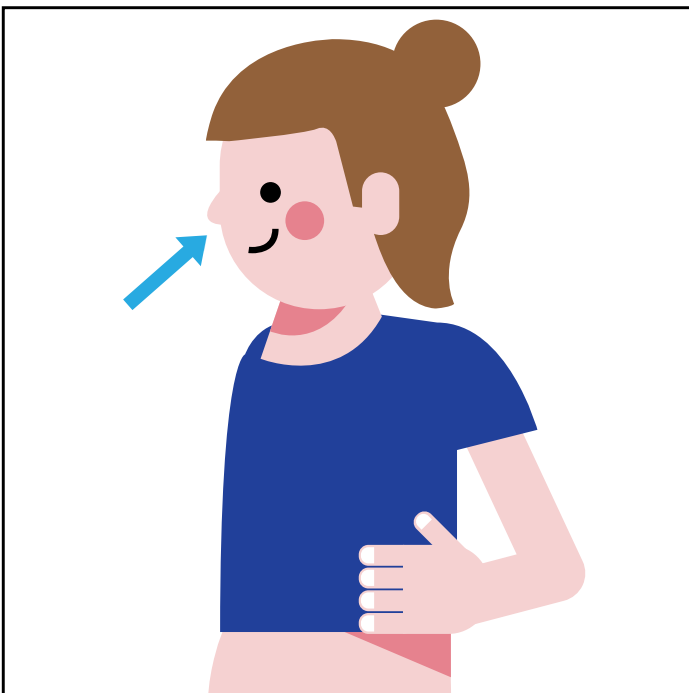


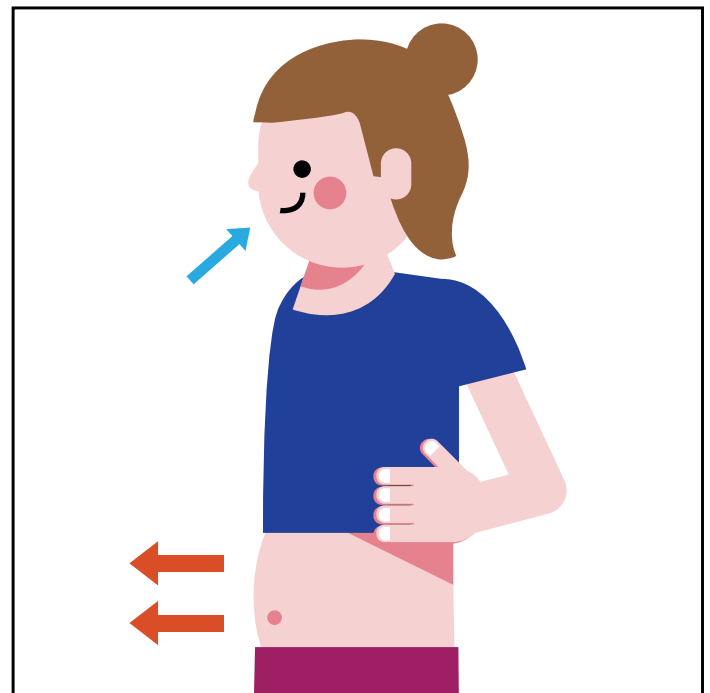
# Just Breathe



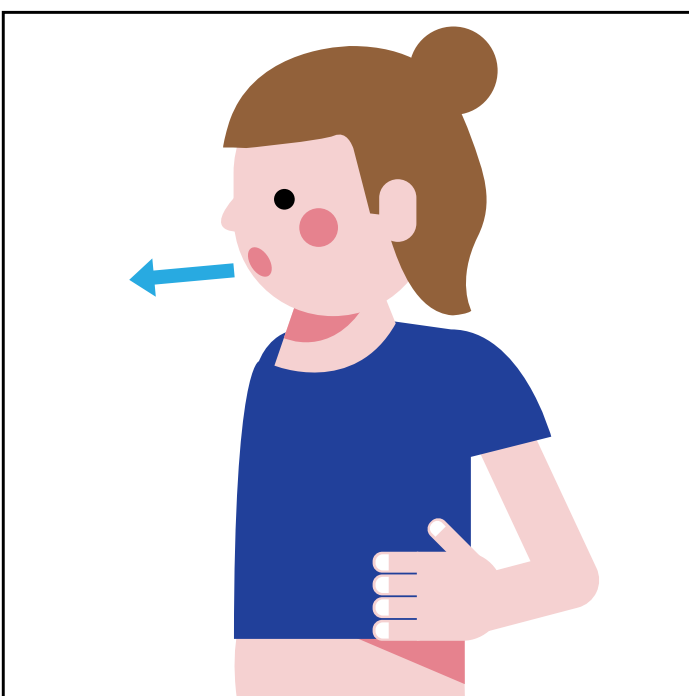
*Put your hands on your belly*



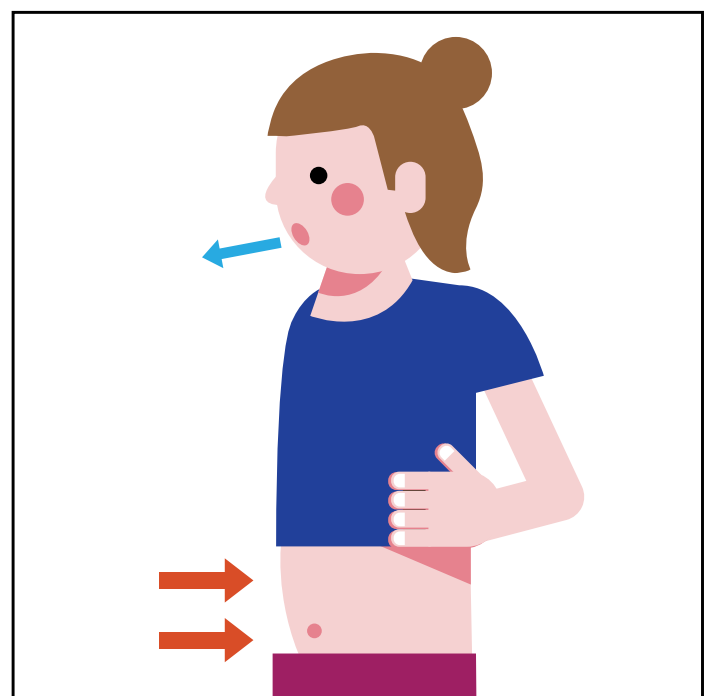
*Breathe in through your nose*



*Belly goes out*



*Breathe out through your mouth*



*Belly goes in*



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

[www.smho-smso.ca](http://www.smho-smso.ca)