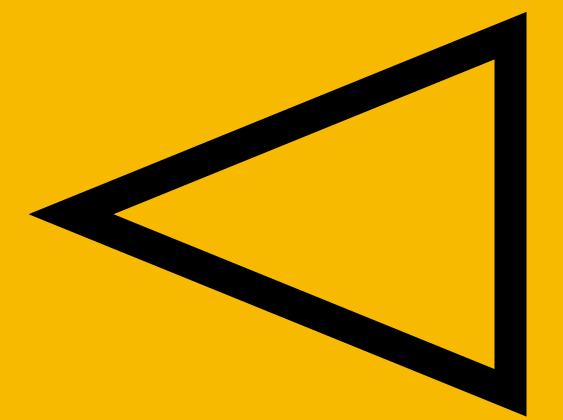
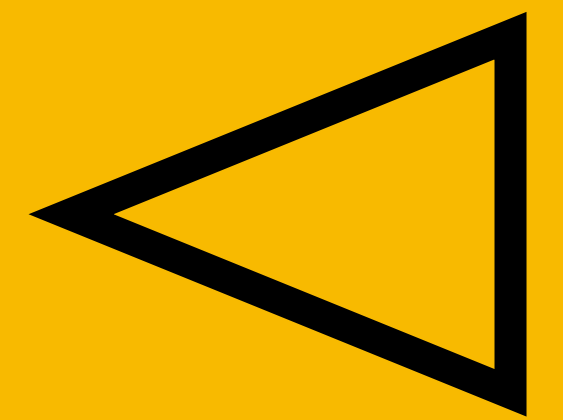


**Lead the group in taking
three slow breaths.
How do you all feel?**



**What is your
favourite colour
and why?**





RED



BLUE



YELLOW



GREEN

TAP ON THE COLOUR NAME TO START PLAYING