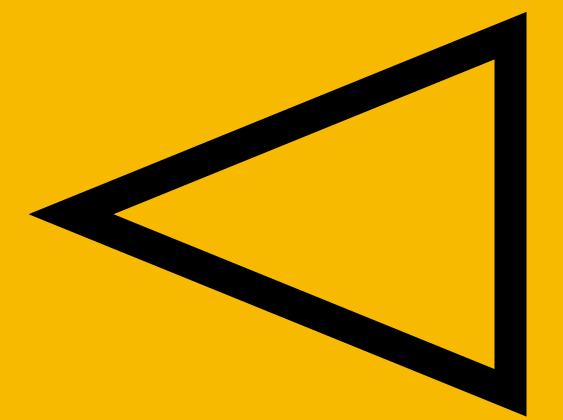
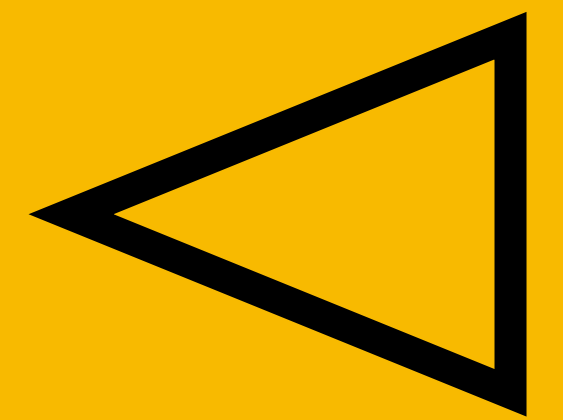


**Ask someone to
express gratitude for
someone they have in
their life.**



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





RED



BLUE



YELLOW



GREEN

TAP ON THE COLOUR NAME TO START PLAYING