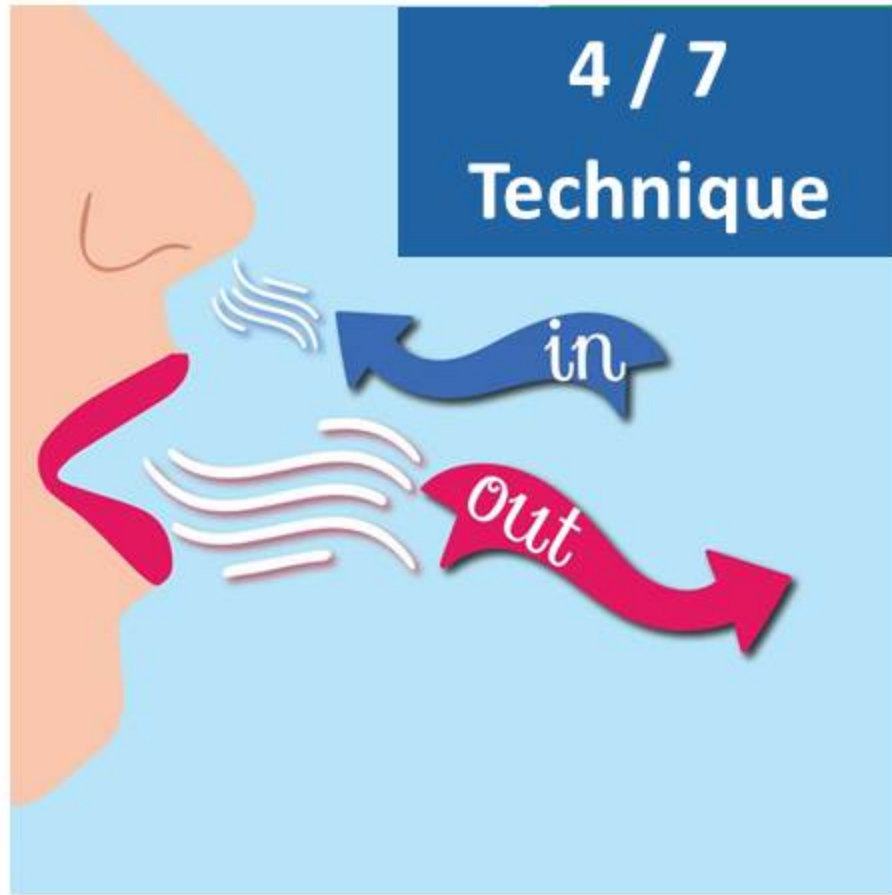


Breathing exercises: 4-7 Technique



Breath in
through your
nose for 4
counts

Breath out
through your
mouth for 7
counts



@HeadStartKent

#headstartmatters

