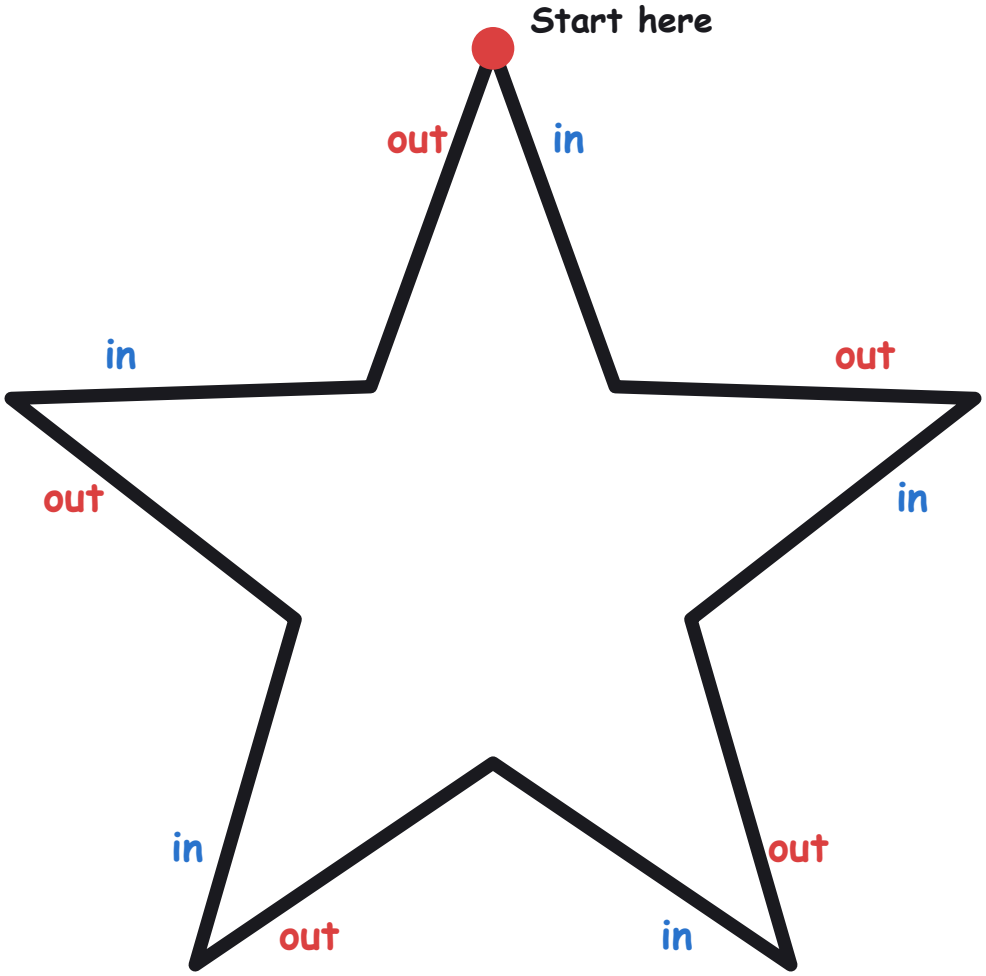
Name: _____

Star Breathing

Use your finger. Trace the star slowly and breathe.



1. Put your finger on the red dot.
2. Slide along one side and breathe IN through your nose.
3. Slide along the next side and breathe OUT through your mouth.
4. Go all the way around the star. How does your body feel now?

© FirstStepReading.com