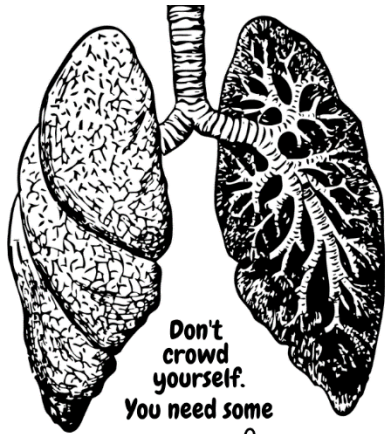
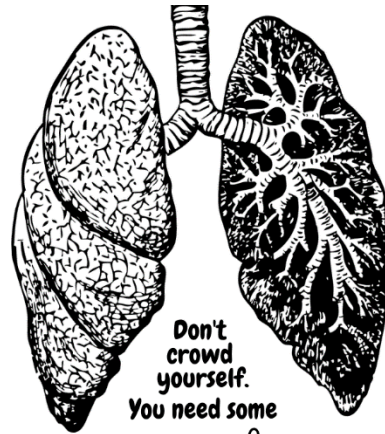


Your homework for Booklet 1: Room to Breathe is to cut out and colour one or more of these breathing reminder cards.



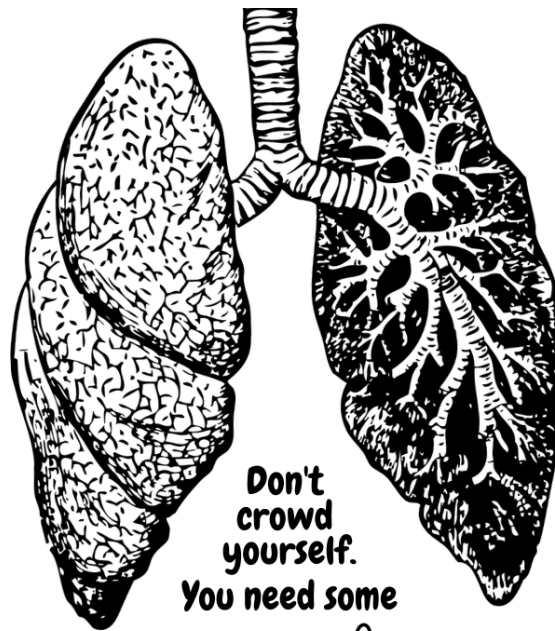
**Don't crowd yourself.
You need some**

**room to
((breathe))**



**Don't crowd yourself.
You need some**

**room to
((breathe))**



**Don't crowd yourself.
You need some**

**room to
((breathe))**