BEDTIME BREATHING EXERCISE

1. *TAKE 3 SLOW, DEEP BREATHES* 

2. NAME 3 THINGS YOU CAN SEE 

3. *TAKE 3 SLOW, DEEP BREATHES* 

4. NAME 3 THINGS YOU SMELL 

5. *TAKE 3 SLOW, DEEP BREATHES* 

6. NAME 3 THINGS YOU HEAR 

7. *TAKE 3 SLOW, DEEP BREATHES* 

8. NAME 3 THINGS YOU FEEL/TOUCH 

9. *TAKE 3 SLOW, DEEP BREATHES* 