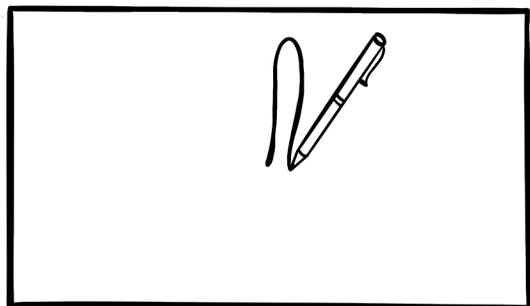


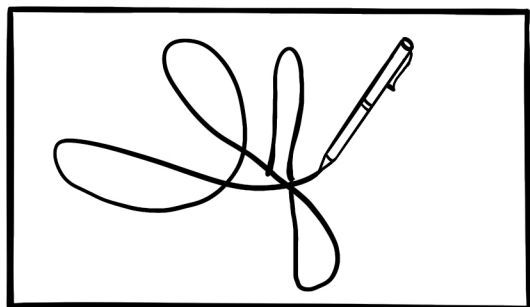
## Draw Your Breath



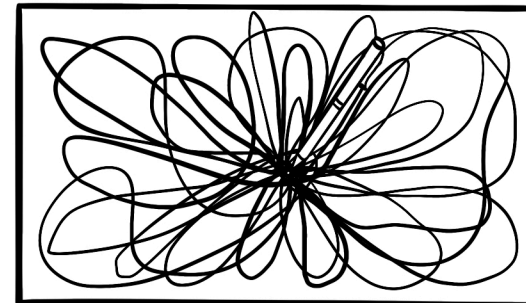
Start by getting a piece of paper and a pen/pencil. You can use anything like old magazine paper, newspaper, paper bags, envelopes to draw on too.



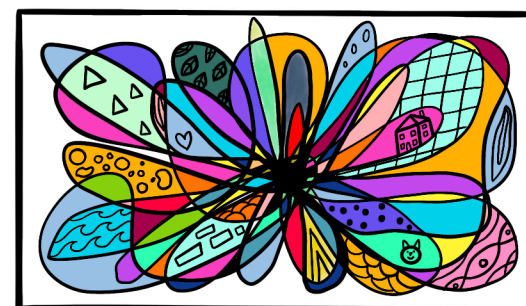
With the pen in the middle of the paper, breathe in and breathe out drawing a line for the breath you took.



When you breathe in, draw a line in any direction. Keep the pen on the paper and when you breathe out, you draw another line.



Do this for about 30 breath cycles. Try not to raise the pen from the piece of paper for the whole activity.



Now fill the spaces with patterns, small pictures or colours. If you want you could even cut and stick magazine or newspaper cuttings into the spaces too.