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*Be gentle with yourself!
Emma Andewar*

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Rainbow Breathing

This rainbow can be used in two different ways.

Arch Breaths:

1. Trace your finger along each arch of the rainbow.
2. As you trace up to the top of each arch, breathe in slowly through your nose.
3. As you trace down the other side, breathe out slowly through your mouth.
4. Continue this pattern for each arch, and repeat the process until you feel calm and centered.

Color Connection:

1. Color each arch of the rainbow a different color. You can use traditional rainbow colors or choose colors that resonate with you.
2. As you focus on each color, breathe in slowly through your nose and out through your mouth.
3. Look around your environment and find something that matches the color of each arch. Focus on that object as you breathe.
4. Repeat this for each color of the rainbow, and continue until you feel grounded.

