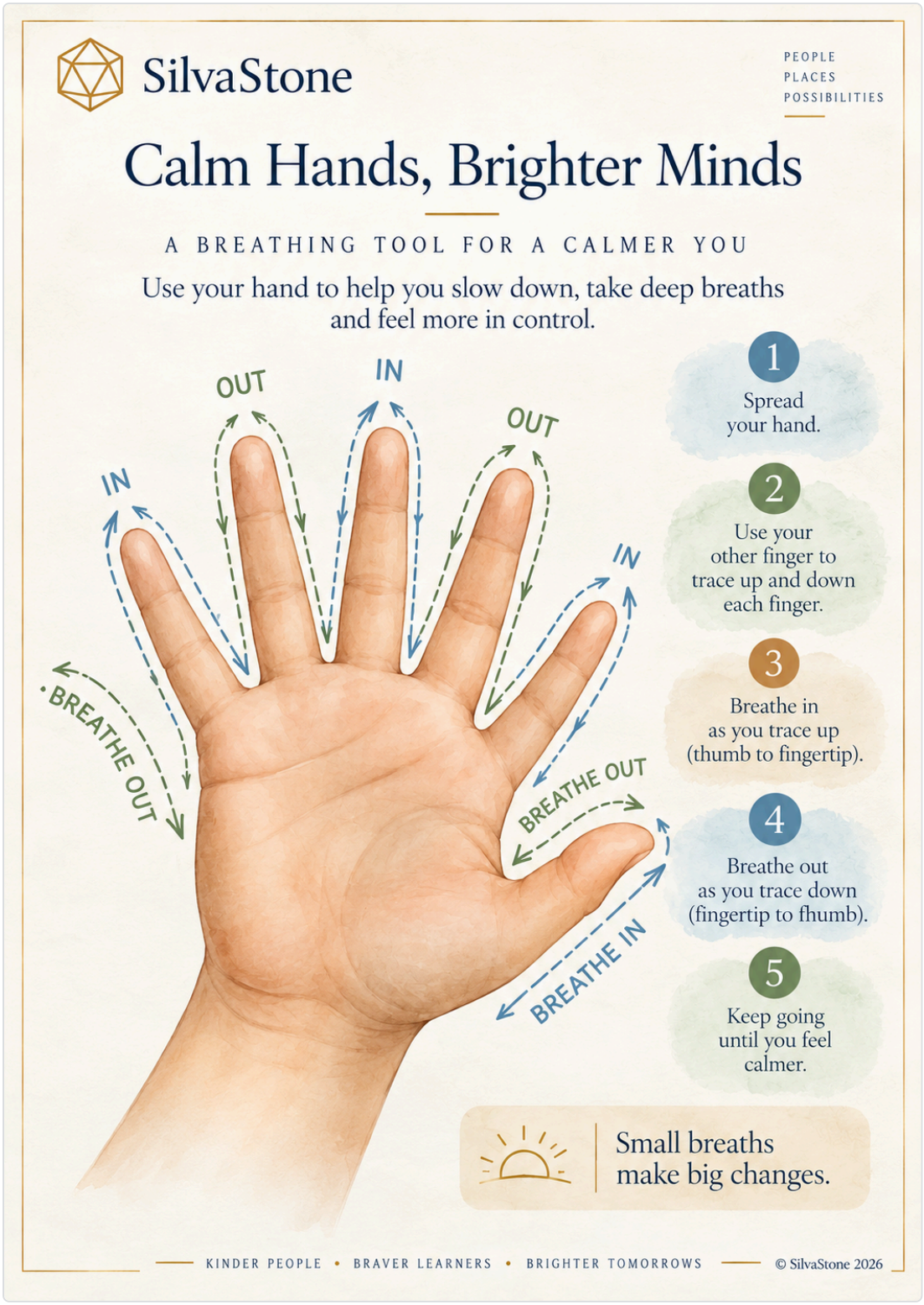
MODULE 9 · PRINTABLE POSTER

Just breathe

Calm hands, brighter minds: a breathing poster for the classroom



Display near the den or calm corner and breathe through it together, slowing the body so the thinking brain can come back online.