WELCOME

BREATHING CARD · SIDE 1

One breath at a time.

Trace the spiral with a finger. Out as you breathe in, back to the centre as you breathe out.



IN · TRACE OUT

OUT · TRACE BACK

WELCOME

BREATHING CARD · SIDE 2

The five steps.

Read top to bottom. When you reach the last one, begin again from the top.

1. **Ground.**
   Feel your feet on the floor.

2. **Breathe in.**
   Trace out, slow count of 4.

3. **Hold.**
   Gently, at the outer ring. Count of 4.

4. **Breathe out.**
   Trace back, slow count of 6.

5. **Notice.**
   One sound near you, then begin again.

WELCOME

JOURNAL CARD

One word for today.

However today feels, it fits here.
No right answer, cross it out and start again if you want to.

Made in honour of my sister Klaire.

klairepacks.org

WELCOME

Klaire Packs

Made with care.

Made in honour of my sister Klaire.

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