Rainbow Breathing

Breathe In

Breathe In

Breathe In

Breathe In

Breathe Out

Breathe Out
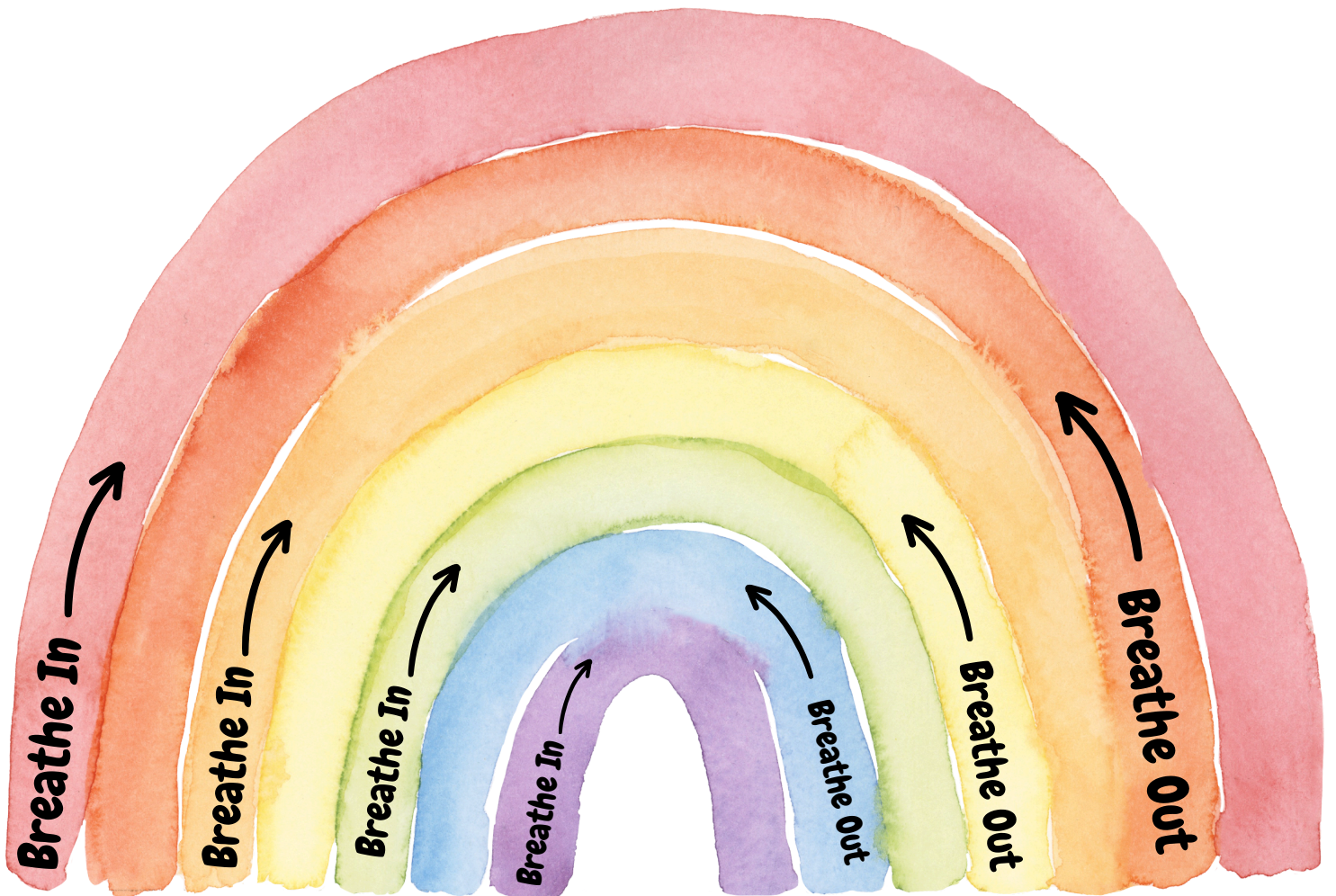
Breathe Out

Start on red. Breathe in whilst tracing your finger to the other side of the rainbow. Move to orange. Breath out and trace back. Continue until you have traced the rainbow.