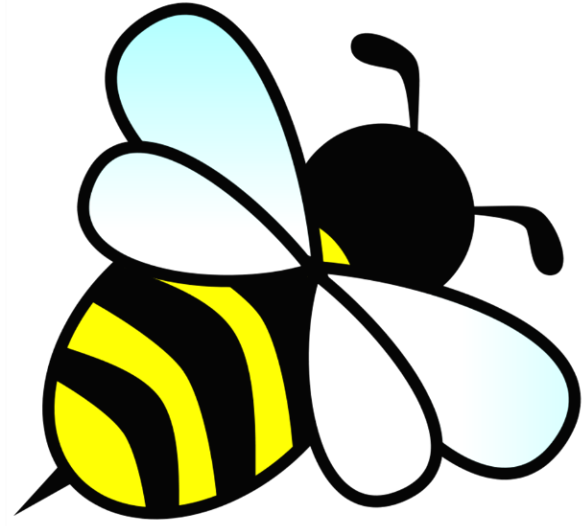
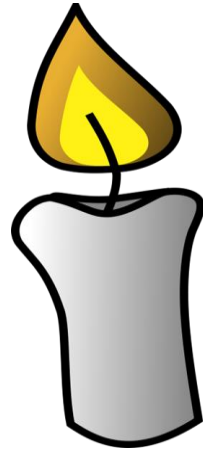


# Cue Cards

- Cut out these cards and present each time you practise calm breathing.



# Cue Cards 2

