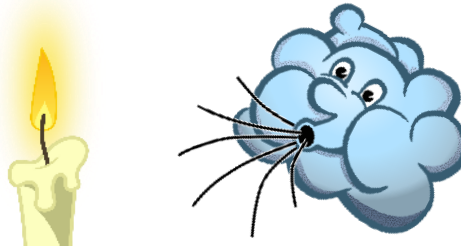




## Live Your Why – Afterschool Edition

With the help of an adult, try this breathing activity to help calm your mind and body:

Have an adult light a candle and take a deep breath to blow it out. See how far away you can get from the candle and still blow it out.



How would you do this breathing activity without a candle?



Looking for other ideas to help plan your afternoon? Visit us at [www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)