Pip's calm breathing

When feelings get too big, try this with Pip.



1. Smell the flower

Breathe in slowly through your nose



2. Blow out the candle

Breathe out slowly through your mouth

Do it 3 times. Tick each one: ◯ ◯ ◯

Pip's candle is a pretend one. Never light a real candle without a grown-up.