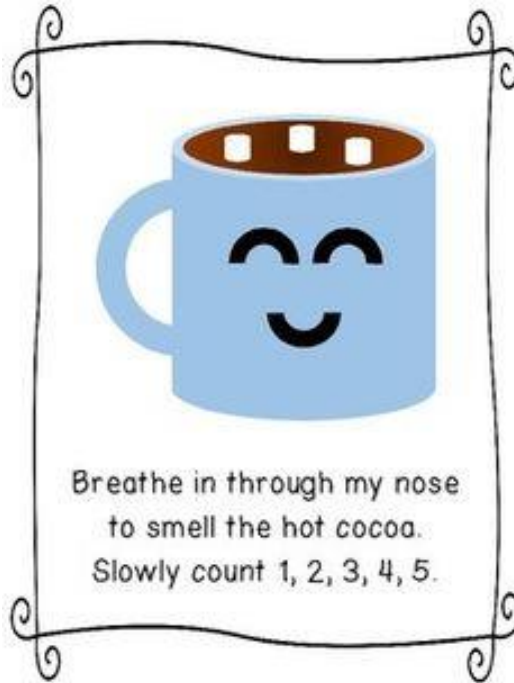




Hot Cocoa Breathing

Let's pretend that you are holding a cup of hot cocoa. Now, bring the cup close to your face, take a slow breath in, and imagine that you are smelling the yummy, comforting chocolate. Now, breathe out slowly as you pretend to cool the hot cocoa. Repeat.



Breathe in through my nose
to smell the hot cocoa.
Slowly count 1, 2, 3, 4, 5.