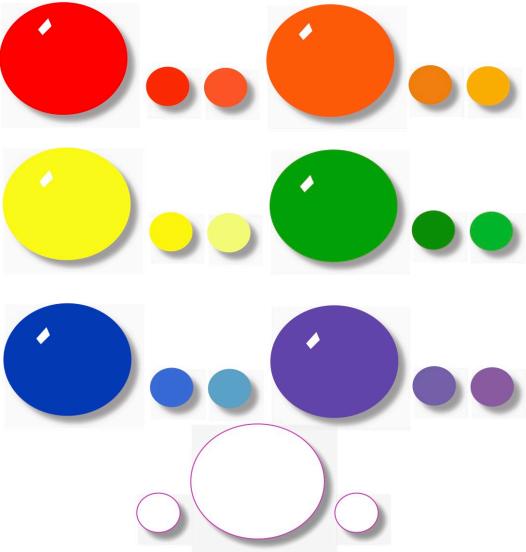
This visual aid can support children to calm down by taking big and small breaths, and repeat the "story" as needed.



Read the bubbles like a story but instead of speaking words give one BIG breath for the BIG bubble and a SMALL regular breath for the SMALL bubble.



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