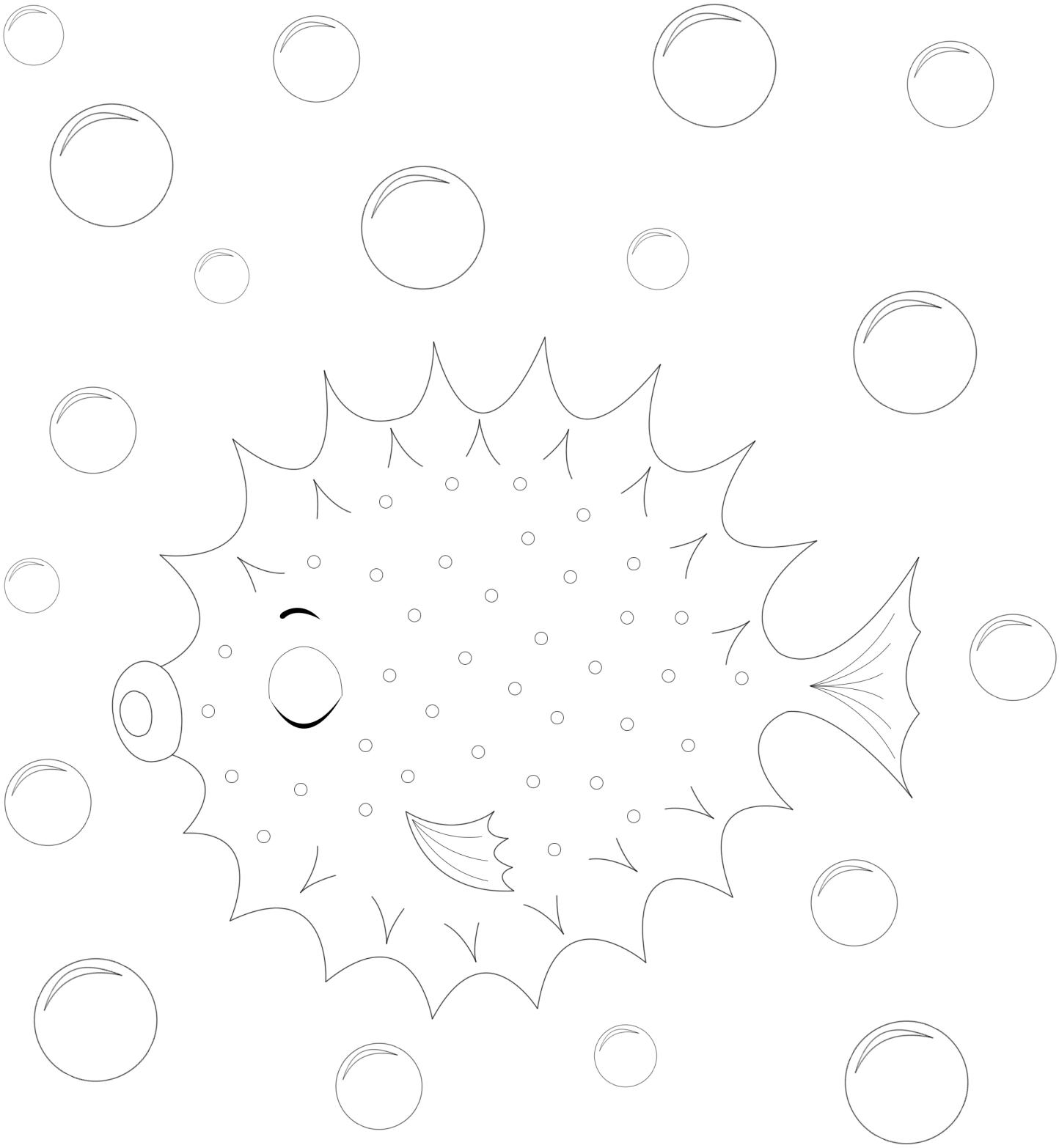
# Yoga Whale

## Coloring Pages & Activities

sounds true



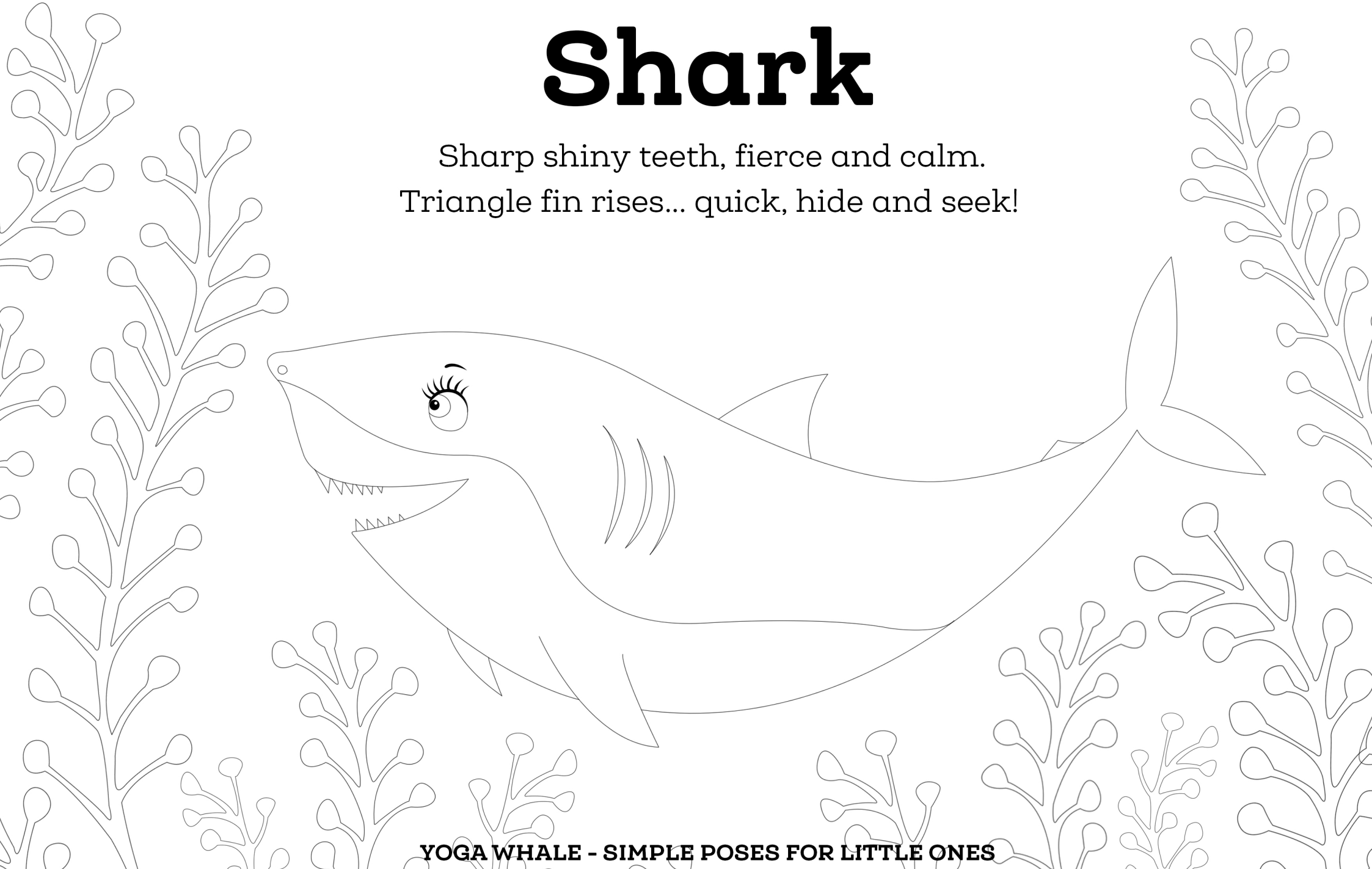
# Puffer Fish

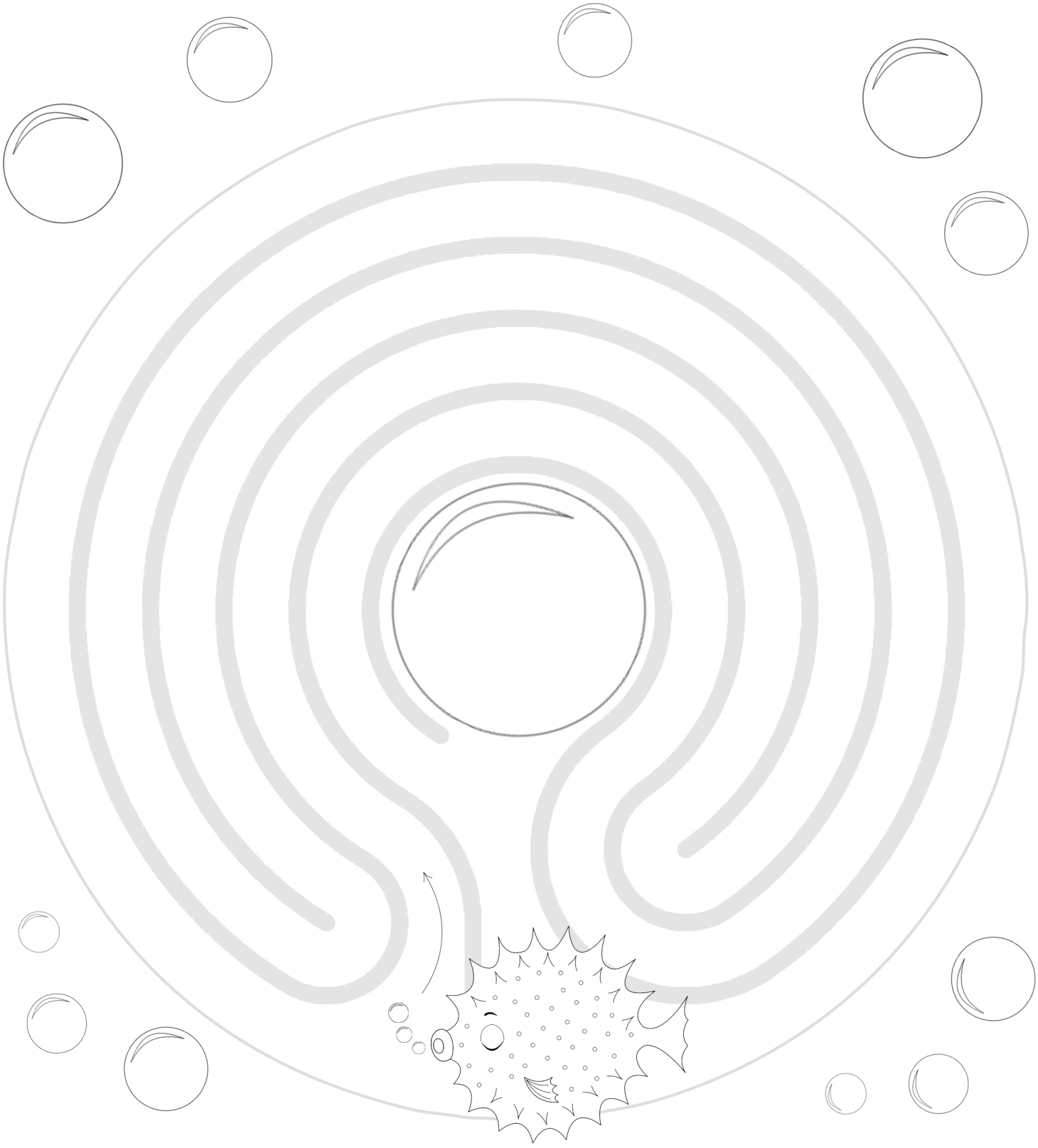
Fill your tummy, feel it grow.

Then breathe out... nice and slow.

# Shark

Sharp shiny teeth, fierce and calm.
Triangle fin rises... quick, hide and seek!





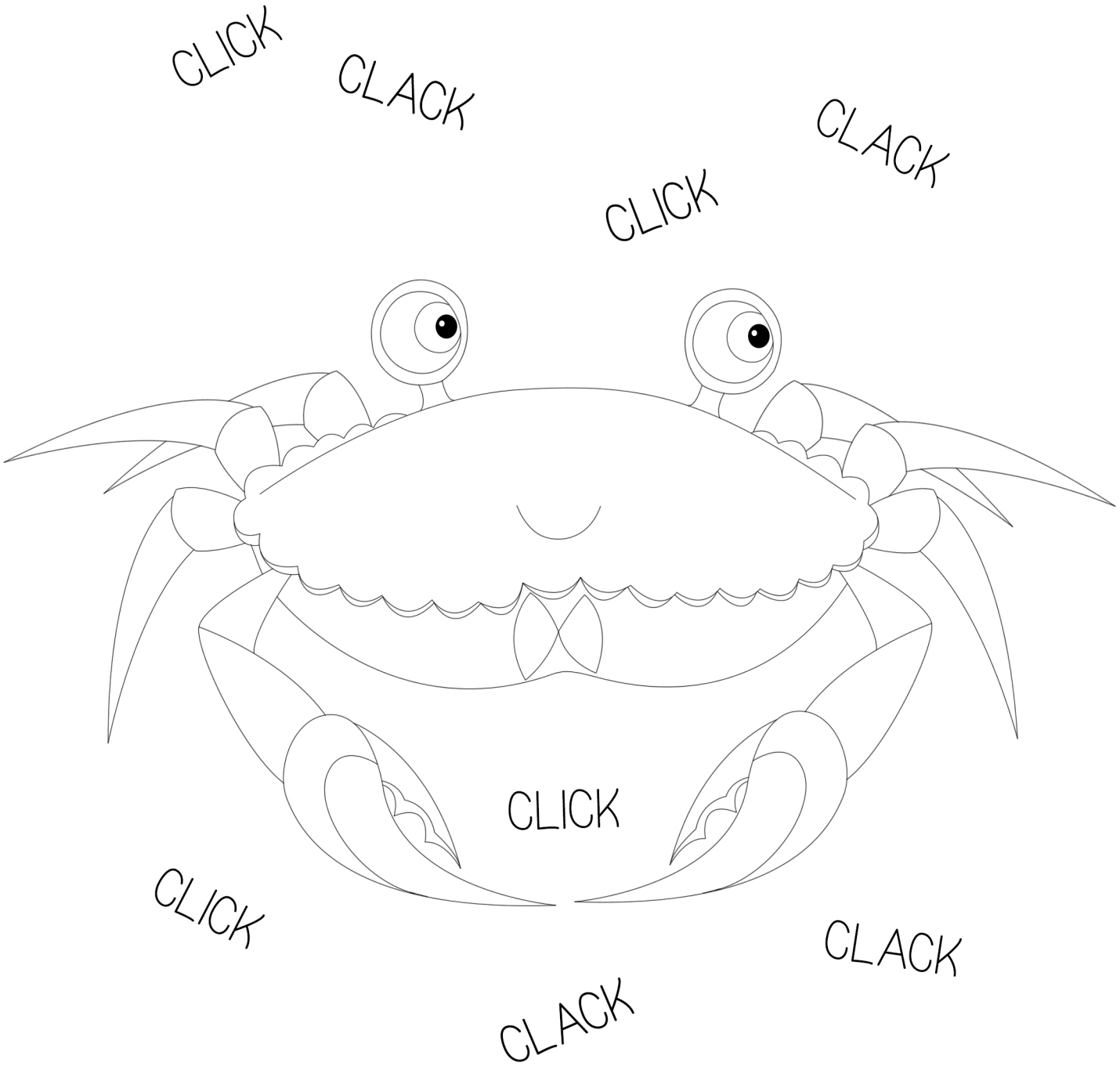
# Finger Breathing Labyrinth

Write a **happy** word in the centre of the maze.

**Take a deep breath in and a slow breath out.**

Continue your deep breathing as you trace your finger around the maze

to help **PUFFER FISH** find his happy word.




# Crab

Creepy-crawly in the sand.
Clickety-click, clickety-clack!

# Whale

Peaceful water giant.
Blow, blow away!