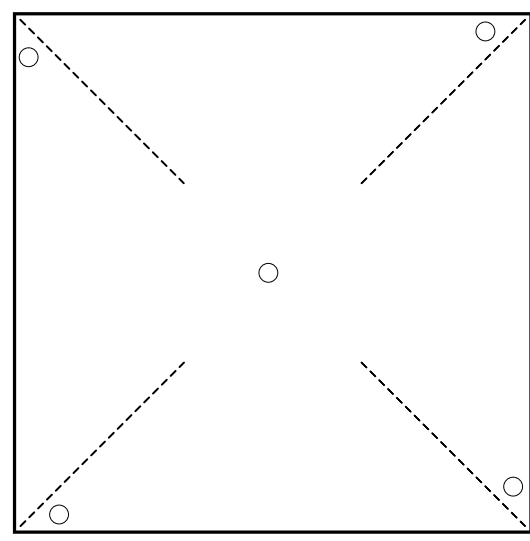


PINWHEEL BREATHING

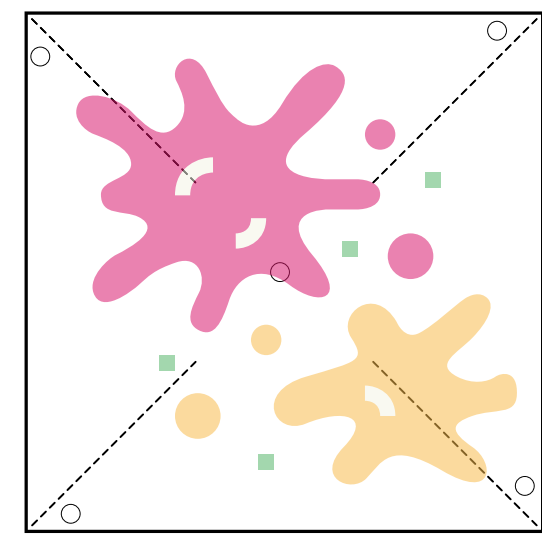
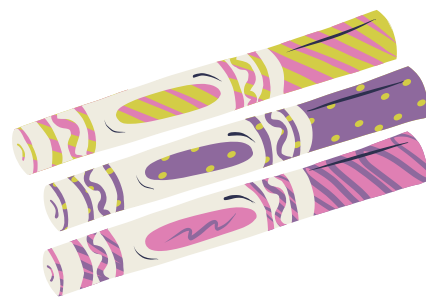
STEP 1

- PINWHEEL TEMPLATE
- PENCIL
- PUSH PIN
- SCISSORS
- MARKERS



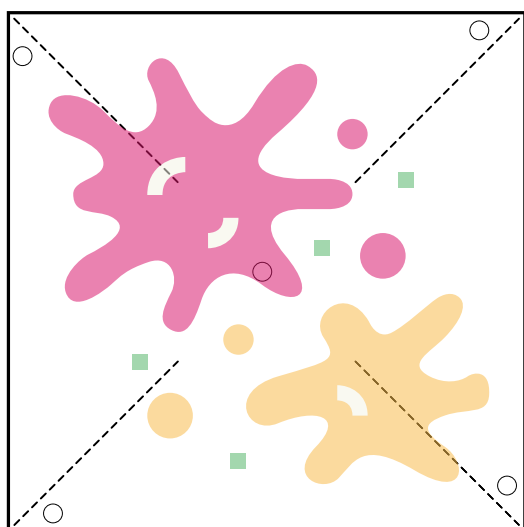
STEP 2

COLOR IN YOUR PINWHEEL



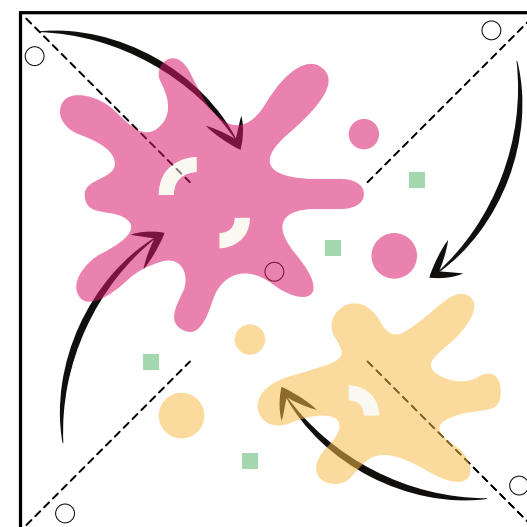
STEP 3

CUT OUT THE TEMPLATE WITH YOUR SCISSORS. CUT ALONG THE DOTTED LINES.



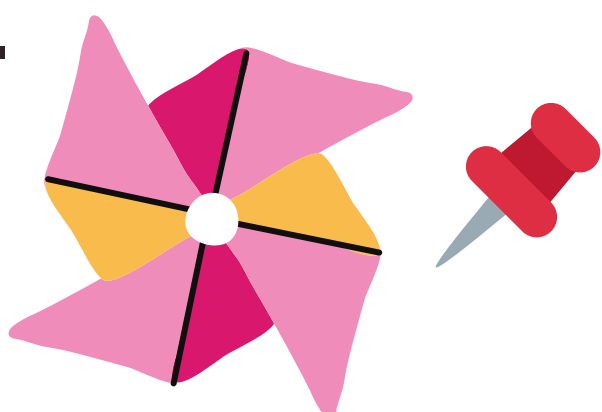
STEP 4

FOLD EACH CORNER STAR INTO THE CENTER OF THE STAR.



STEP 5

USE THE PUSH PIN TO HOLD ALL FOUR CORNERS OF THE PINWHEEL IN THE CENTER.



STEP 6

PUSH THE PIN THROUGH THE PENCIL ERASER TO SECURE IT TOGETHER



