

# BREATHE LIKE A CHICKY WITH ME

Imagine you are a little Easter chick, hopping around the yard with joy! Take a deep breath in through your nose, sniffing the fresh spring air. Raise your arms slowly, fluffing out your feathers and taking a big breath in. Breathe out with a whoosh and hop!

Breathe in, little chick!

And hop, hop, hop!

Breathe out, little chick!

Stand still and take a few slow breaths, resting in your nest after a fun day of hopping.

Great job, little chick! You're full of energy and happiness, just like a hoppy little Easter chick.



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