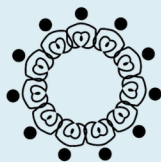


**Breath  
by  
Breath**

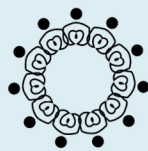


# Breath by Breath



## What You'll Need!

- Paper for drawing
- Coloring pencils, markers, or pens
- A quiet space to focus on your breath



# Breath by Breath

**Let's turn our breath into art! This activity invites you to connect with your breathing and express it through movement on paper. Let your breath guide each line, creating a one-of-a-kind mindful masterpiece.**

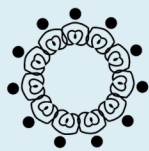
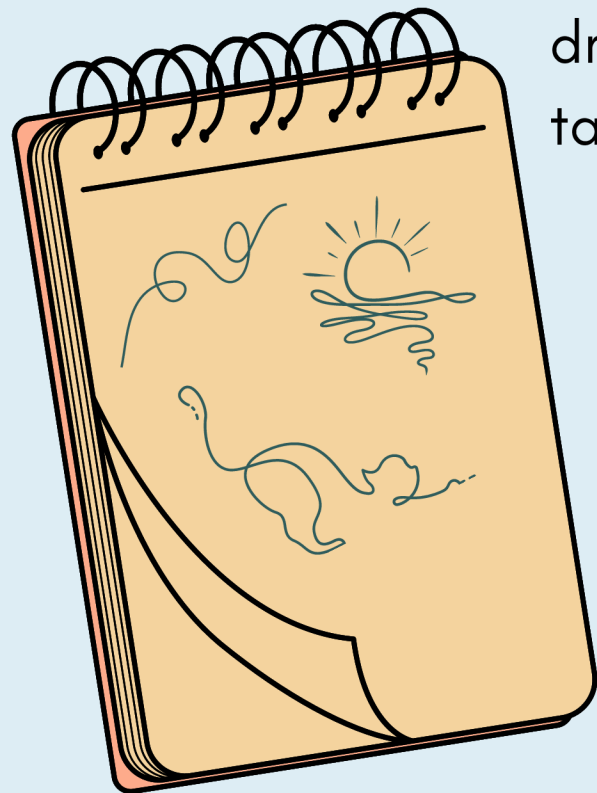
**Step 1:** Start with your pen on the paper.

**Step 2:** Breathe in and draw a line in any direction.

**Step 3:** Breathe out and let the line continue to flow.

**Step 4:** Keep going - breathing, drawing, and letting your artwork take shape.

**Your breath is creating the movement. Let go of expectations - just breathe, move, and create.**



# Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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Can't wait to see what you create!

