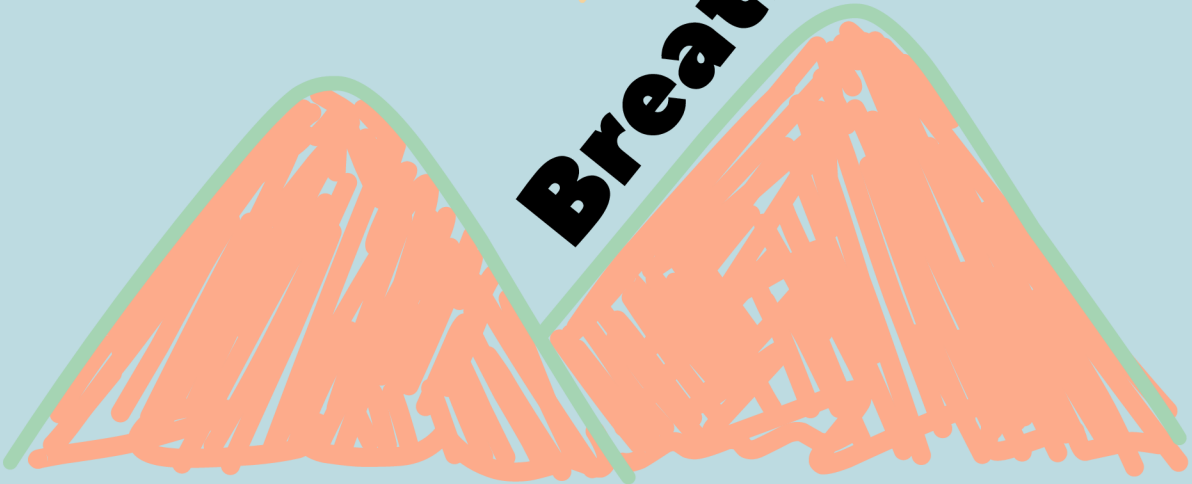


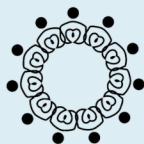
Mountain



Breaths



For littles



Mountain Breaths



What You'll Need!

- Paper or your sketchbook
- Colouring pencils, crayons or markers



Mountain Breaths



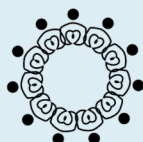
Let's colour and take some mountain breaths!

Start by drawing a simple mountain range - draw a few big, soft mountains across the page.

Then, trace up and down the mountains with your finger while taking slow breaths:

- **Inhale while moving up**
- **Exhale while moving down**

Add colours & details - decorate the mountains with trees, animals, maybe some weather over the mountains! Maybe adding some colours that make you feel calm.



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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 [@emmillartherapy](https://www.instagram.com/emmillartherapy)

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Can't wait to see what you create!

