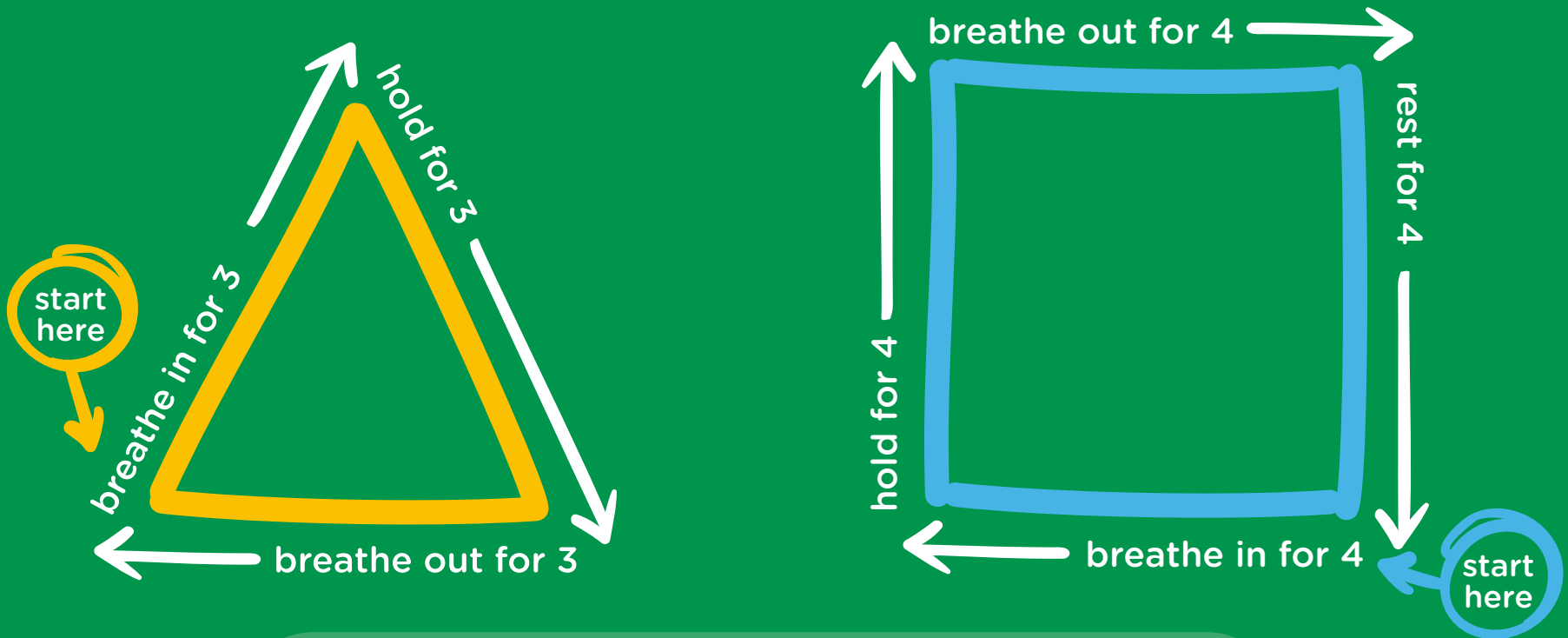


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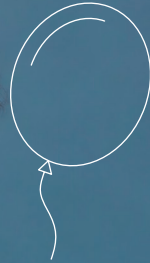
Children's
Healthcare of Atlanta

Triangle & Square Breathing

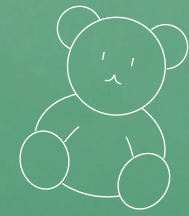


Scan or click on the QR code to download our deep breathing tip sheet.


belly balloons



up & down



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flower



& candle



or pinwheel

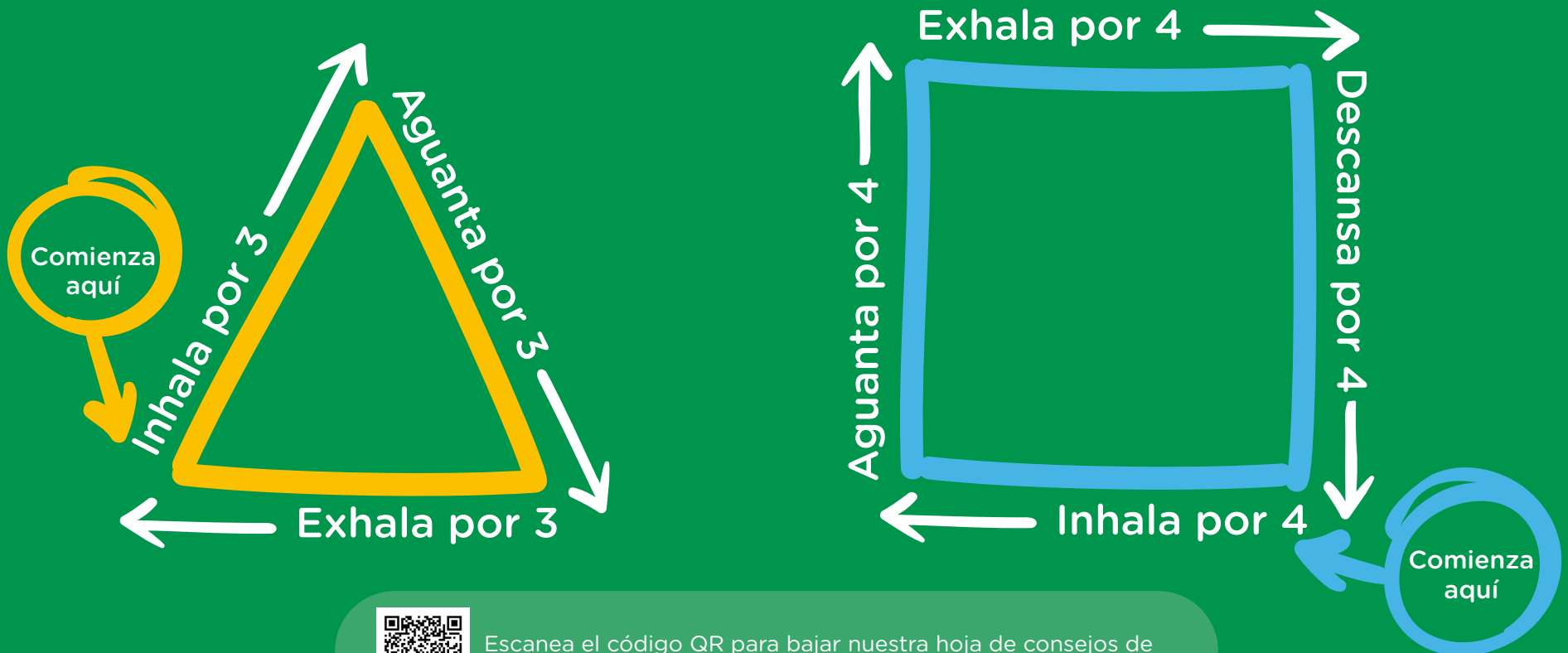
feather



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Triángulo y cuadrado Respiración



Escanea el código QR para bajar nuestra hoja de consejos de respiración profunda.

Infla tu
panza como
un globo



arriba y
abajo



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flor



y vela



o molinillo



pluma

