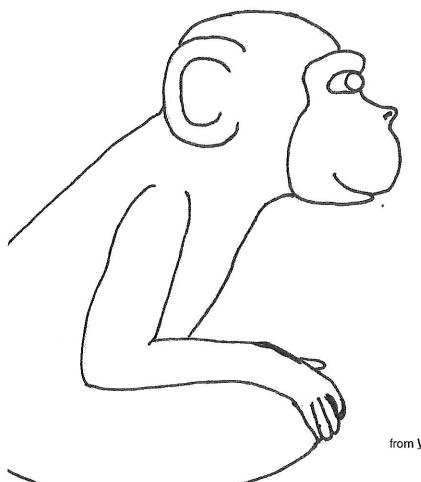
Ms. Bardy teaches a breathing technique to help you feel calm:

"First you breathe in... and then you breathe out.

Then two quick breaths in... take them in through your snout.

Then you let it all go with a great big woohoooo."

Practice this each day!



from WooHoo for Sensitive Somjay by Sonja Glad

