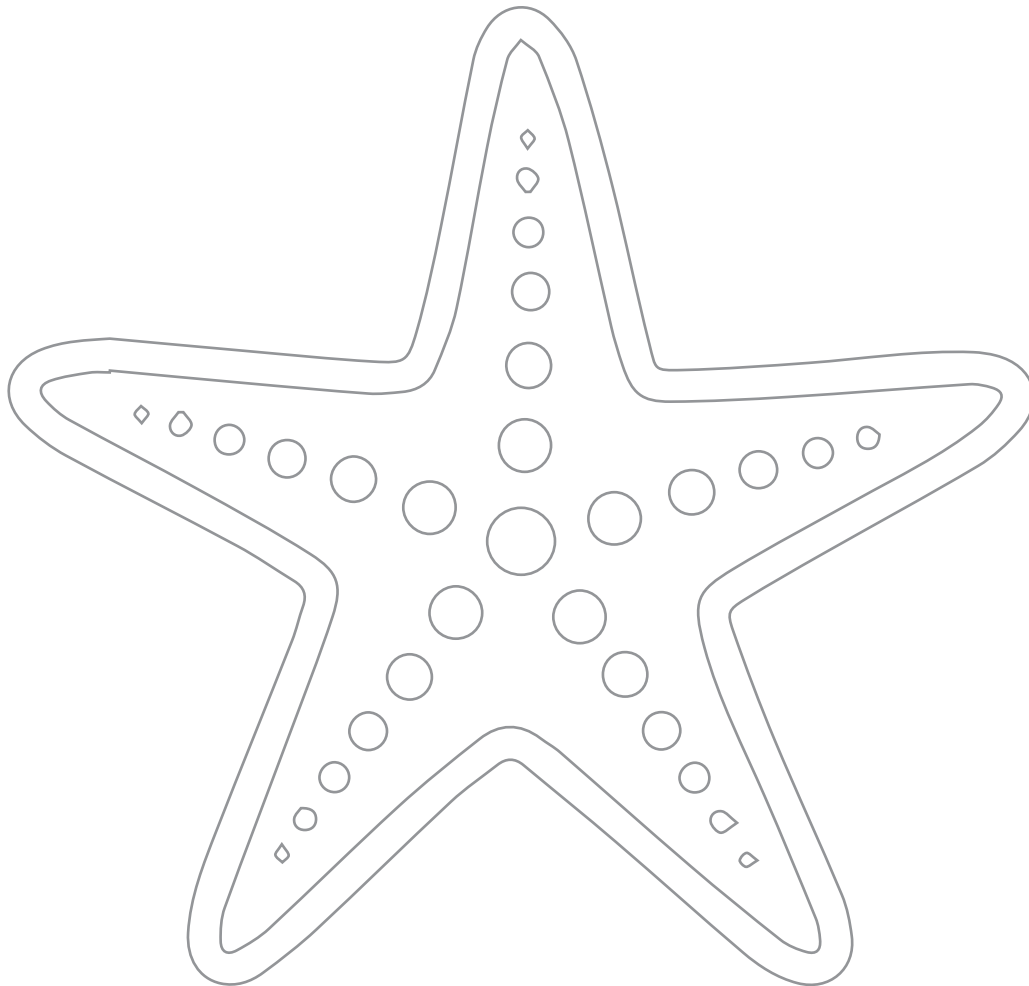




# HOW TO DO THE STARFISH

## DIRECTIONS:

STARFISH ARE UNIQUE AND AMAZING JUST LIKE YOU!  
START BY COLORING THE OUTLINE OF THE STARFISH.  
WHEN YOU COLOR UP ITS ARM, BREATHE IN.  
WHEN YOU COLOR DOWN IT'S ARM, BREATHE OUT.



NOW, LAY ON THE GROUND AND CLOSE YOUR EYES. STRETCH OUT YOUR ARMS AND LEGS JUST LIKE A STARFISH WOULD. TAKE A FEW MORE DEEP BREATHS AND IMAGINE YOU ARE ON THE OCEAN FLOOR. SLOWLY OPEN YOUR EYES. HOW DO YOU FEEL NOW?

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