

Lakeshore®

Mindful Breathing Board

EE952

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Made in China
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Teach children to breathe deeply and mindfully with our simple-to-use board. The durable wooden board features a smooth, grooved pathway that travels up and down three mountain peaks. As children slowly move a finger over each mountain, they practice taking deep, calming breaths—and learn to regulate their emotions.

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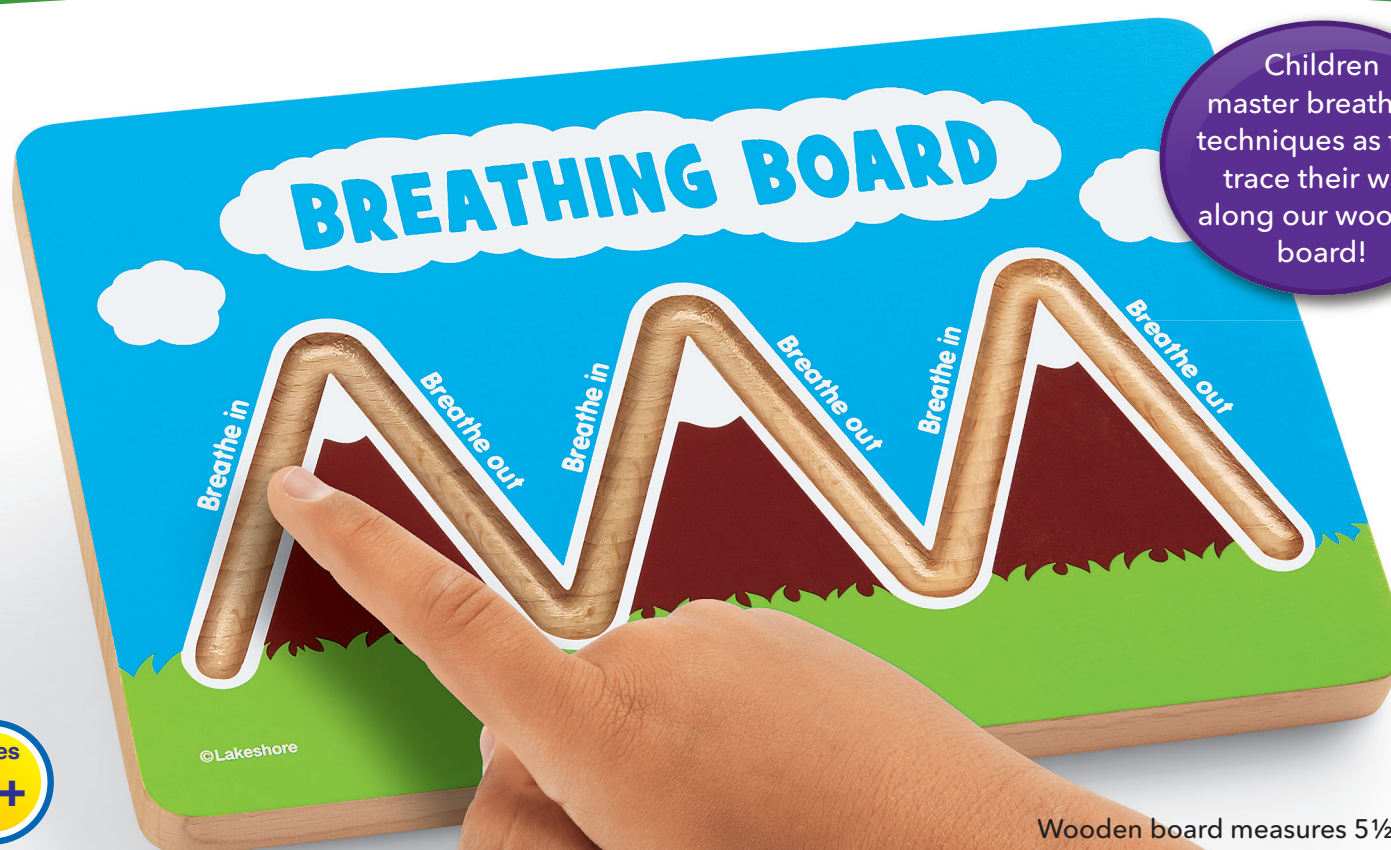
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Ages
3+

Wooden board measures 5½" x 8½".