**Mindful Breathing Board** 

**EE952** 

Mindful Breathing Board

Lakeshore®

**Mindful Breathing Board** 

 $Lake shore^{^{\circ}}$ 

Lakeshore®

Made in China www.lakeshorelearning.com 



travel up the mountain. finger, breathing in deeply as they Children trace the path with a

learn to regulate their emotions.

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

**Mindful Breathing Board** 

**Lakeshore** 

**EE952** 

Lakeshore®

Mindful Breathing Board

Children master breathing BREATHING BOARD techniques as they trace their way along our wooden board!



Wooden board measures 51/2" x 81/2".