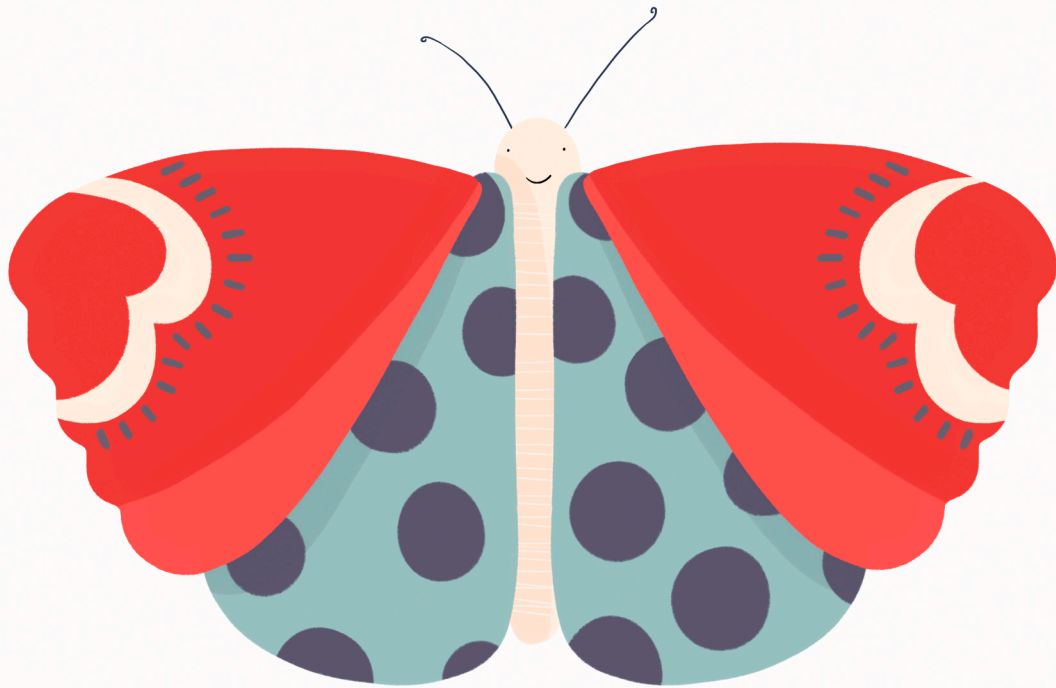


Butterfly concentration



Put your right hand on your heart. Now put your left hand on top on it and link your thumbs. You can move your hands up and down like a butterfly while you breathe slowly.

When you breathe in, the wings of the butterfly move up. When you breathe out, the wings of the butterfly go down.

Do this ten times. **You will feel calm and concentrated** and ready to have fun!