

SPIRAL OF BREATH

INSTRUCTIONS:

Step 1: Take out your pencil, scissors, colored crayons, and markers.

Step 2: Choose one of the spirals that speaks to you and write down what words you feel might finish off the sentence.

Step 3: Color in the shape and cut out the spiral in any organic, curvy shape you wish.

We hope you enjoy and use the other spirals to create a piece for your classroom or to take home!

I feel safe when...



I am afraid of...



I can help someone by...



I need help with...



I am happy when...

