An activity for tots and adults to share!



## Breathe in deeply, breathe out slowly ...

Feel your tummy rise and fall like an ocean wave with this calming mindfulness activity.

Barefoot Books
Bradford Mill, 23 Bradford Street, West Concord, MA 01742
29/30 Fitzroy Square, London, W1T 6LQ
Text © 2019 by Whitney Stewart
Illustrations © 2019 by Rocío Alejandro
Content created in collaboration with Stefanie Paige Wieder,
M.S. Ed., Child Development Specialist, Barefoot Books
Graphic design by Sarah Soldano
and Elizabeth Jayasekera, Barefoot Books
Edited and art directed by Lisa Rosinsky, Barefoot Books
All rights reserved. Printed in China
Library of Congress CIP data is available upon request









Stewart Alejandro



## Mindful Tots

## Tunny Ride

Calming breaths for little ones



Whitney Stewart

Rocio Alejandro

