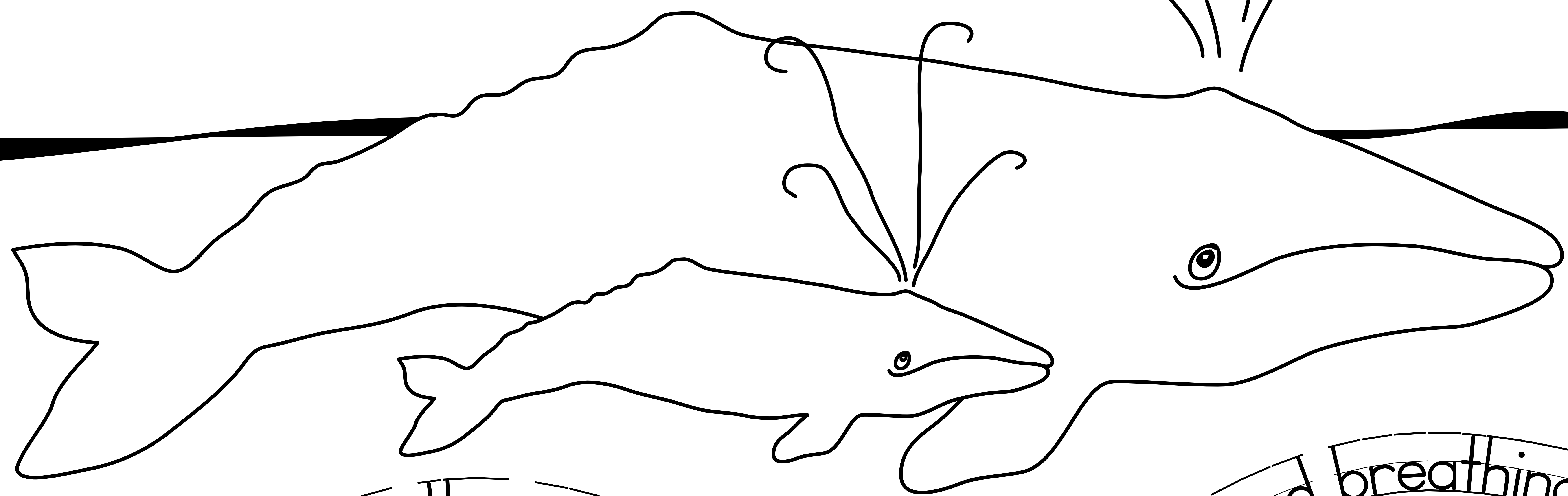
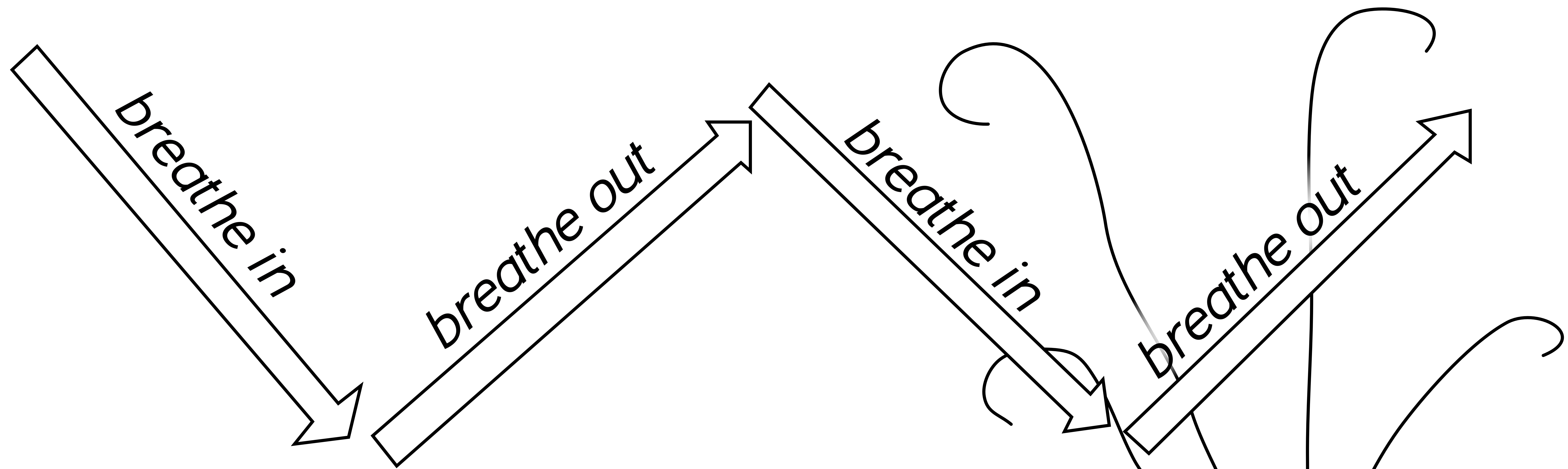


EXHALE LIKE A WHALE!



Use your finger to trace the arrows, while breathing in and breathing out.