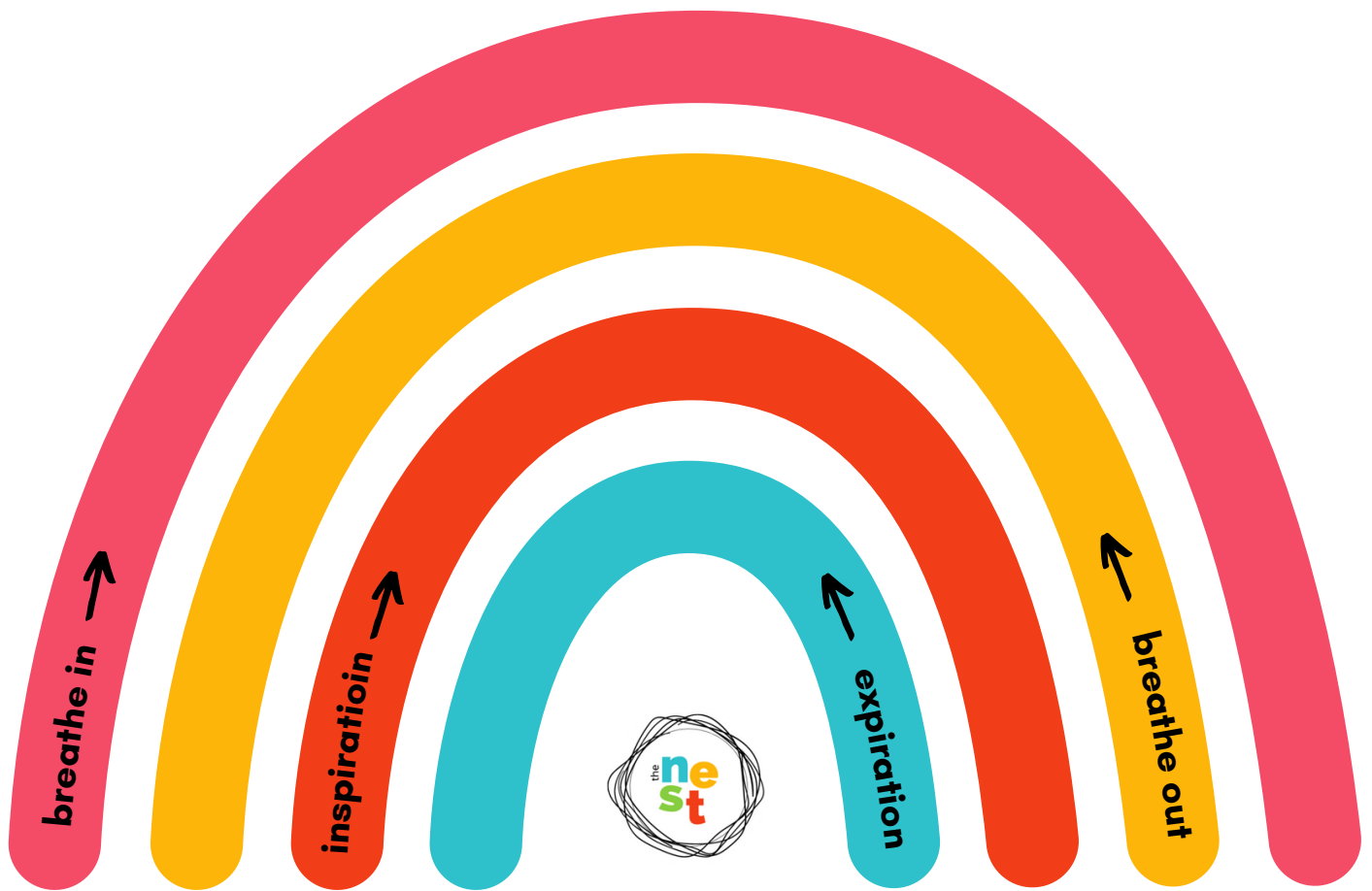


I feel calm.  
Je me sens calme.



Place your finger at the bottom of the ARC-EN-CIEL (rainbow), on the left. As you trace your DOIGT (finger) along the rainbow take a deep INSPIRATION (breathe in) through your nose, until you reach the other side. Move down to the next colour, and trace your finger back up with an EXPIRATION (breathe out) through your mouth.

Repeat as many times as needed until you feel CALME (calm).

xo Madame Abbey

[thenestpei.com](http://thenestpei.com)