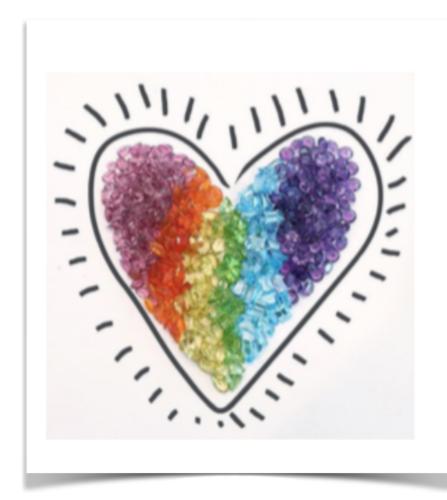


Rainbow Heart Breath



1. Reflect on each color in the rainbow heart.

Purple = Creativity

Blue = Calmness

Green = Renewal

Yellow = Happiness

Red = Energy

Pink = Peacefulness

- 2. Connect with your heart and ask yourself what color are you feeling or what color do you feel you need?
- 3. With that color in mind, place your finger on the black outline in the middle of the heart.
- As you trace clockwise, take a deep breath in thinking of the color you chose and say "I need _____ (energy)."
- 5. Exhale as you trace your finger upwards.
- 6. Repeat 2 more times.

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