

A decorative white mandala in the top-left corner, featuring intricate geometric patterns and floral motifs. The background is a gradient from pink on the left to blue on the right.

CALMING CARDS

A decorative white mandala in the bottom-right corner, mirroring the design in the top-left corner, with complex geometric and floral patterns.

Bubble Breathing

Check out this video on
Bubble breath. Follow the
bubble to help control your
breathing.

