

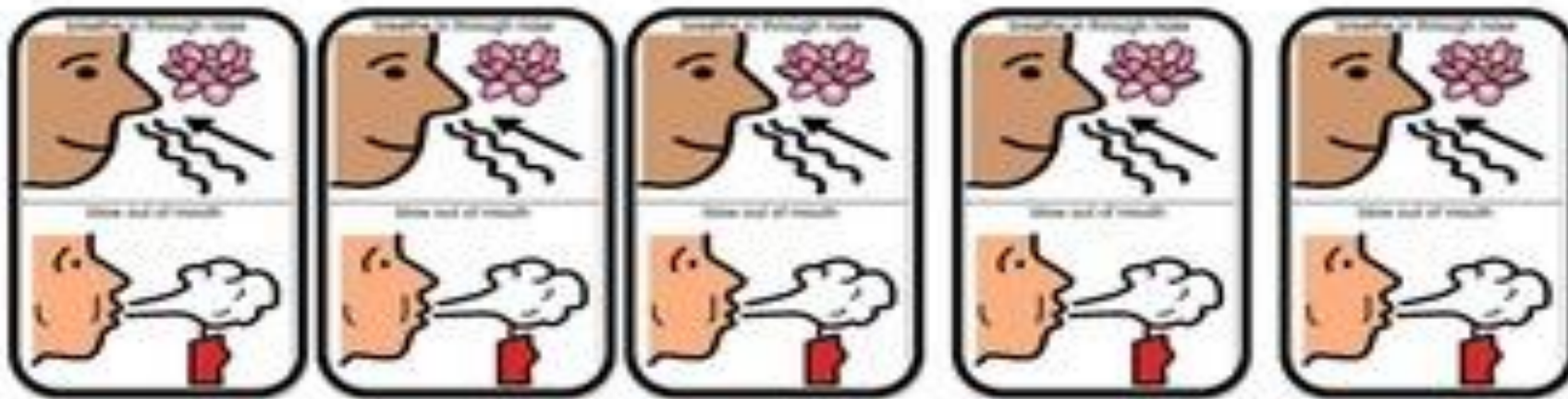
**IEELPA**



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Attēls no <https://www.bilderbeste.com/foto/breating-out-a1.html>

Sagatavoja logopēde Adrija Brantevica



Attēls no <https://www.teacherspayteachers.com/Product/Calmng-Deep-Breath-Chart-2056091>

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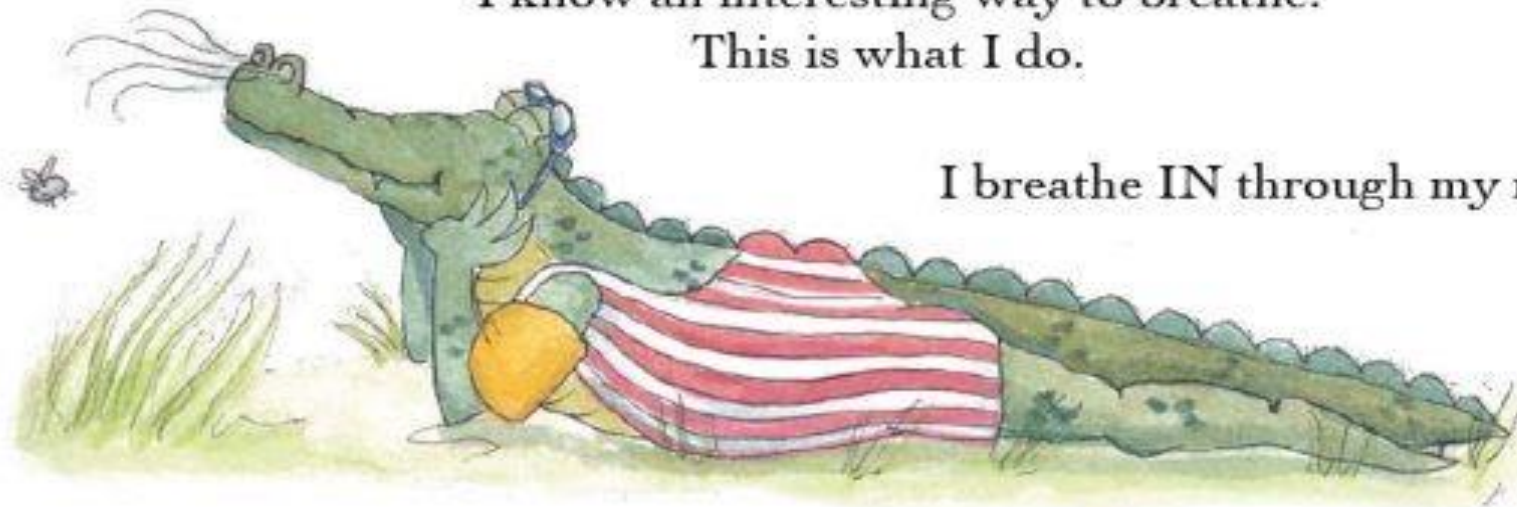


Attēls no <http://www.pbs.org/parents/crafts-and-experiments/practice-mindfulness-with-belly-breathing>

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Crocodile listened carefully, smiled, and said:

“I know an interesting way to breathe.  
This is what I do.



I breathe IN through my nose.

Then I breathe OUT through my nose.”



Attēls <https://www.pinterest.com/pin/274227064787022961/?lp=true>



Attēls no <https://www.pinterest.com/pin/274227064787022961/?lp=true>