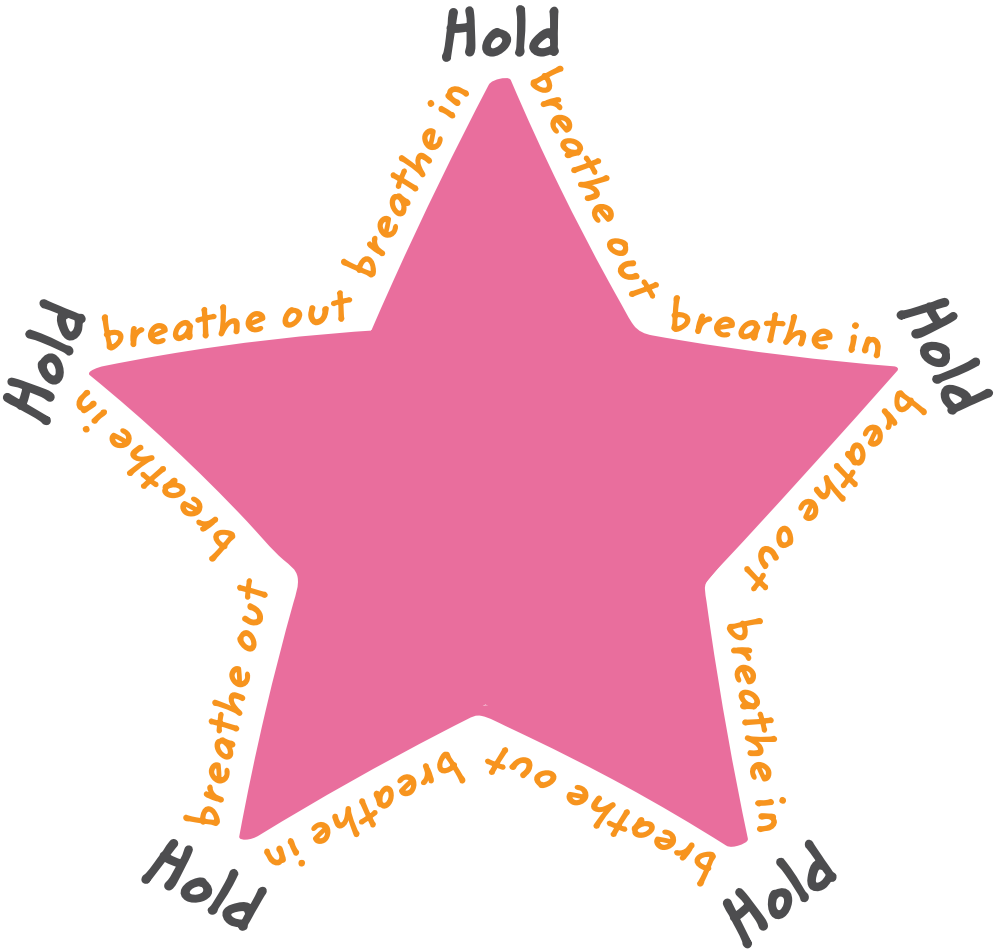
Star breathing

Start at any **“breathe in”** side, hold your breath at the point, then breathe out. Keep going until you’ve gone around the whole star.