

make your own

**fortis**  
therapy & training

calming tree

colour, paint, use all kinds of craft materials to decorate your own tree!

breathe in  
for four  
seconds

hold your  
breath for  
four  
seconds

breathe  
out for six  
seconds

breathe in  
for four  
seconds

breathe  
out for six  
seconds

and  
relax...

hold your  
breath for  
four  
seconds

hold your  
breath for  
four  
seconds

breathe  
out for six  
seconds

breathe  
out for six  
seconds

breathe in  
for four  
seconds

hold your  
breath for  
four  
seconds

breathe in  
for four  
seconds

start  
here...

