



## Take a Deep Breath! Board Game

Instructions: Roll the die and move that number of spaces, using a coin, paper clip, or other small item to mark your spot. Follow the directions on the game board. If you land on *Breathe!*, pick a Breath card. A correct answer moves you forward 1 space. If you land on *Take a deep breath!*, pick a Breath card. A correct answer moves you forward 2 spaces. If you land on *Exercise!*, you get to roll again after doing 5 jumping jacks! If you land on or roll past *Finish*, you must answer a Breath card correctly to win the game.

