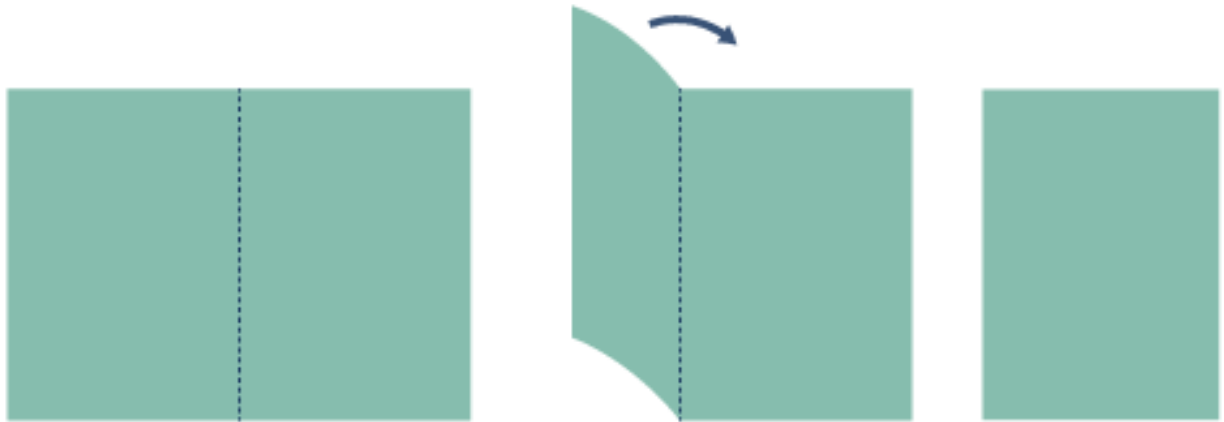


# HOW TO MAKE A PAPER PIRATE HAT

<http://www.wikihow.com/Make-a-Pirate-Hat>



1. Get a piece of newspaper, and place it in front of you with the long side up

2. Fold the paper vertically.



3. Fold it in half horizontally

4. Unfold



5. Turn the newspaper so that the folded end is on top

6. Fold the top corners into the center line, making sure to keep them even

7. Fold one bottom flap up



8. Flip to the other side and fold the other bottom flap up.

## Pufferfish Breathing Activities!

Relaxed Breathing Training

<https://www.youtube.com/watch?v=gLbK0o9Bk7Q>



Kids meditation-Square Breathing

<https://www.youtube.com/watch?v=YFdZXwE6fRE>

