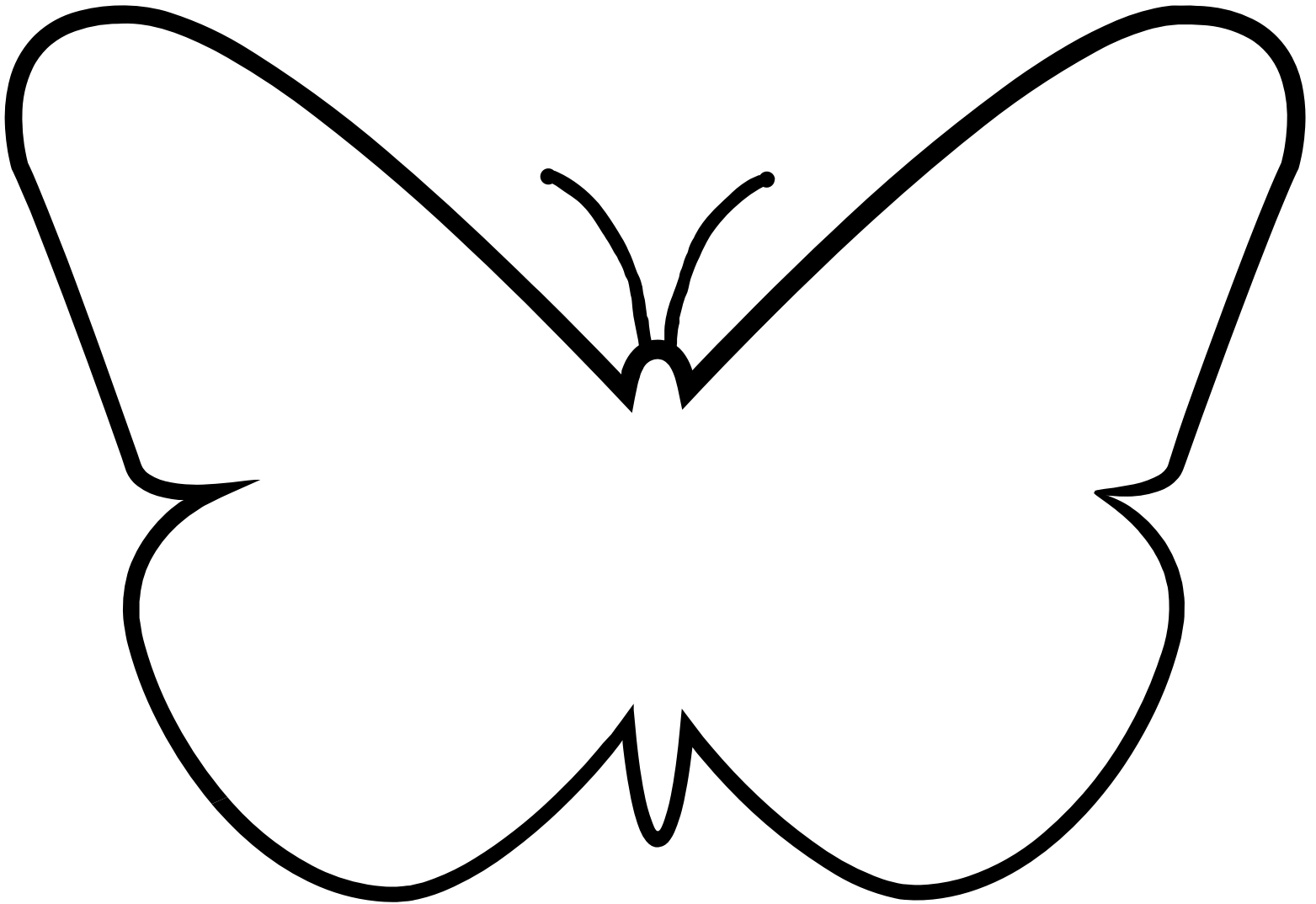


# Fish in a Tree

*One of the techniques Mr. Daniels teaches Ally is a butterfly breath! Learn how to take a butterfly breath below and then color in the picture of the butterfly!*

## Butterfly Breath

- Stretch your arms out in front of you
- Bring your hands together and take a deep breath in through your nose while you lift your arms above your head
- Hold your breath and open your arms above your head
- Breathe out through your mouth while you lower your arms



## Grownups

Send us a picture of your little one's activity sheet and we'll share it on our Instagram Story!

Email us at [creativeclubhouse@nycchildrenstheater.org](mailto:creativeclubhouse@nycchildrenstheater.org)