

# Supportive transitions

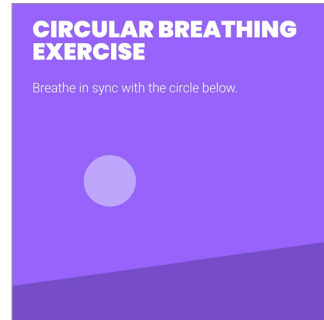
## Sample press and play practices



[Forest Visualization](#)

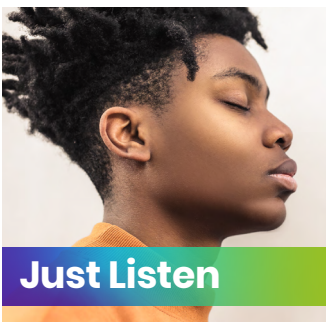


[Tense and Relax](#)

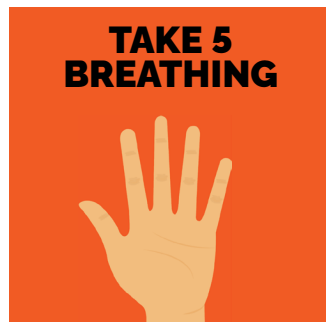


[Circular Breathing](#)

## Sample educator guided practices



[Posters and audio files](#)



[Take 5 Breathing](#)



[Chair Stretch](#)