

# BLUE ZONE

*Manny the Manta Ray*



- **Manta Glide** (IN 4 - OUT 6)
- **Ocean Wave** (IN 4 - OUT 6-8)
- **Deep Dive** (IN 4 - HOLD 4 - OUT 6)
- **Peaceful** (Slow natural rhythm)



# GREEN ZONE

*Stella the Starfish*

- **Bubble Breath** (Deep IN - Slow OUT)
- **Belly Breath** (Hands on belly)
- **Box Breath** (4-4-4-4)
- **Shell Listening** (Cup ears, listen)

# YELLOW ZONE

*Shelly the Seashell*



- **Sparkle Breath** (Quick IN - Burst OUT)
- **Star Breath** (Trace 5 fingers)
- **Celebration Breath** (Arms up/wide)
- **Bunny Breath** (Sniff-sniff-sniff OUT)



# RED ZONE

*Crabby the Crab*

- **Claw Reset** (SQUEEZE - HOLD - RELEASE)
- **Cooling Breath** (IN 3 - OUT 6-8)
- **Anchor Breath** (Press feet + breathe)
- **Storm to Calm** (Fast → Medium → Slow)