





The sea child told the sea otter to breathe in through his nose and out through his nose. He focused all of his attention on the tip of his nose.

They both did this breathing together.

*Breathe in through your nose and out through your nose.*

*In 2, 3, 4. Out 2, 3, 4...*

*In 2, 3, 4. Out 2, 3, 4...*

