

Breathing like an animal is easy to do.
Try it to calm your mind and body, too!

First Edition
22 21 20 19 18 5 4 3 2 1

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Published by Gibbs Smith
P.O. Box 667 Layton, Utah 84041

1.800.835.4993 orders
www.gibbs-smith.com

Designed by Nicole LaRue

Manufactured in Heshan, China, in January 2022 by
Leo Paper Production, Ltd.

Gibbs Smith books are printed on either recycled, 100%
post-consumer waste, FSC-certified papers or on paper produced
from a 100% certified sustainable forest/controlled wood source.

Library of Congress Control Number: 2021946770
ISBN: 978-1-4236-6013-2

Sigh Like a Sloth

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\$9.99



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By Nicole LaRue

Be a smooth, slithery snake.
Take a deep breath.

Let it out with a long,
loud hiss.



Take three quick sniffs
through your nose,
like a baby bunny
smelling a flower.

Exhale through your mouth.



Hold your breath
like a whale diving deep.

Swim to the surface.
Blast the air from your mouth
like it's your blowhole!



**You're a busy bee.
Take a big breath.**

**Buzz, buzz, buzz
around the room until there's
no more air left in you!**

