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<td>Diaphragmatic Breathing</td>
<td>Sesame Street Common and Colbie Caillat - “Belly Breathe” with Elmo <a href="https://www.youtube.com/watch?v=_mZbzDOpylA">https://www.youtube.com/watch?v=_mZbzDOpylA</a></td>
<td>Learn the Diaphragmatic Breathing Technique <a href="https://www.youtube.com/watch?v=kgTJ5G1iblo">https://www.youtube.com/watch?v=kgTJ5G1iblo</a></td>
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<td>Stop Breathe &amp; Think Kids (Apple &amp; website)</td>
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<td>GoNoodle- Movement and Mindfulness:</td>
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<td><a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a></td>
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<td>Belly Bio Interactive Breathing (Apple)</td>
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