

Candle Breathe (Willey, 2017)

Imagine you're holding a candle.

Take a long breath in, and slowly blow the air out toward your candle.

You want to make your candle flame wiggle, but...DON'T BLOW IT OUT!

Long breath in, slow breath out.

Long breath in, slow breath out.

Long breath in...now blow your candle out!

Ahhhhh...

