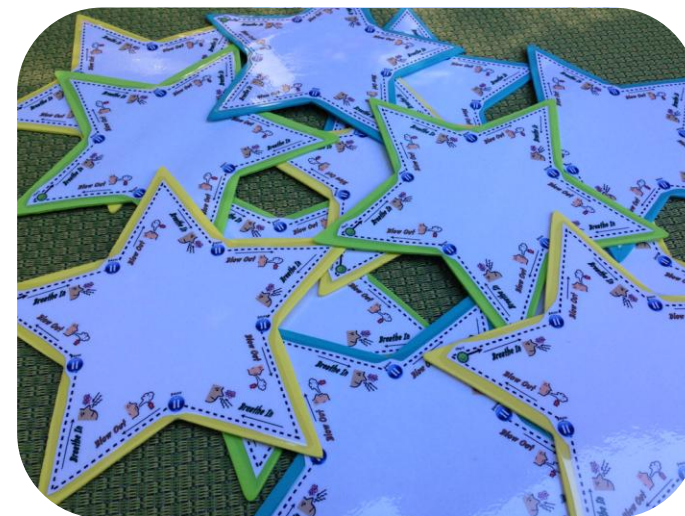
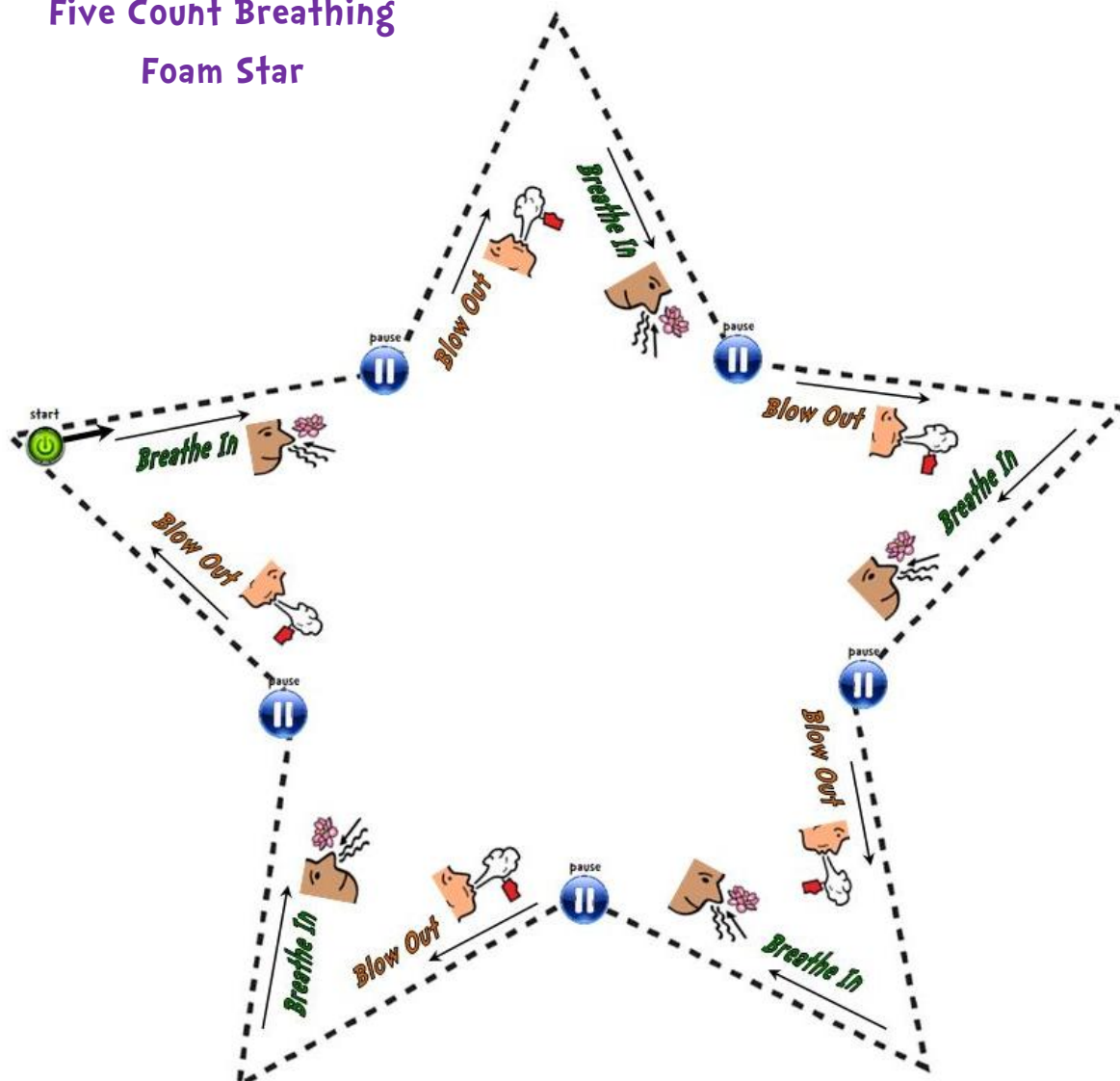


## Five Count Breathing Foam Star



### How to make:

1. Print the star & cut it out leaving a small border of white.
2. Laminate & cut it out again leaving a small border of lamination to help it stay sealed.
3. Attach to foam star with permanent glue runner tape.  
(I tried Superglue, Zots adhesive dots & glue runner tape. Superglue did not work well at all. Zots were difficult to position. The permanent glue runner tape worked well. I outlined the back of the laminated star and then put some in the middle before rubbing it down onto the foam star)
4. Kids can decorate the back of their foam star by drawing a picture of something that is calming to them.

Thanks to [Edna Reinhardt](#) for sparking the idea of mounting them on something so the kids can run their finger along the edges of the star as they practice the breathing. I went with foam stars since they are soft, colorful & precut.

I reconfigured and resized the printable to fit the 6.75" foam stars from Creatology at [Michaels](#). I have seen similar stars at [Walmart](#).

