

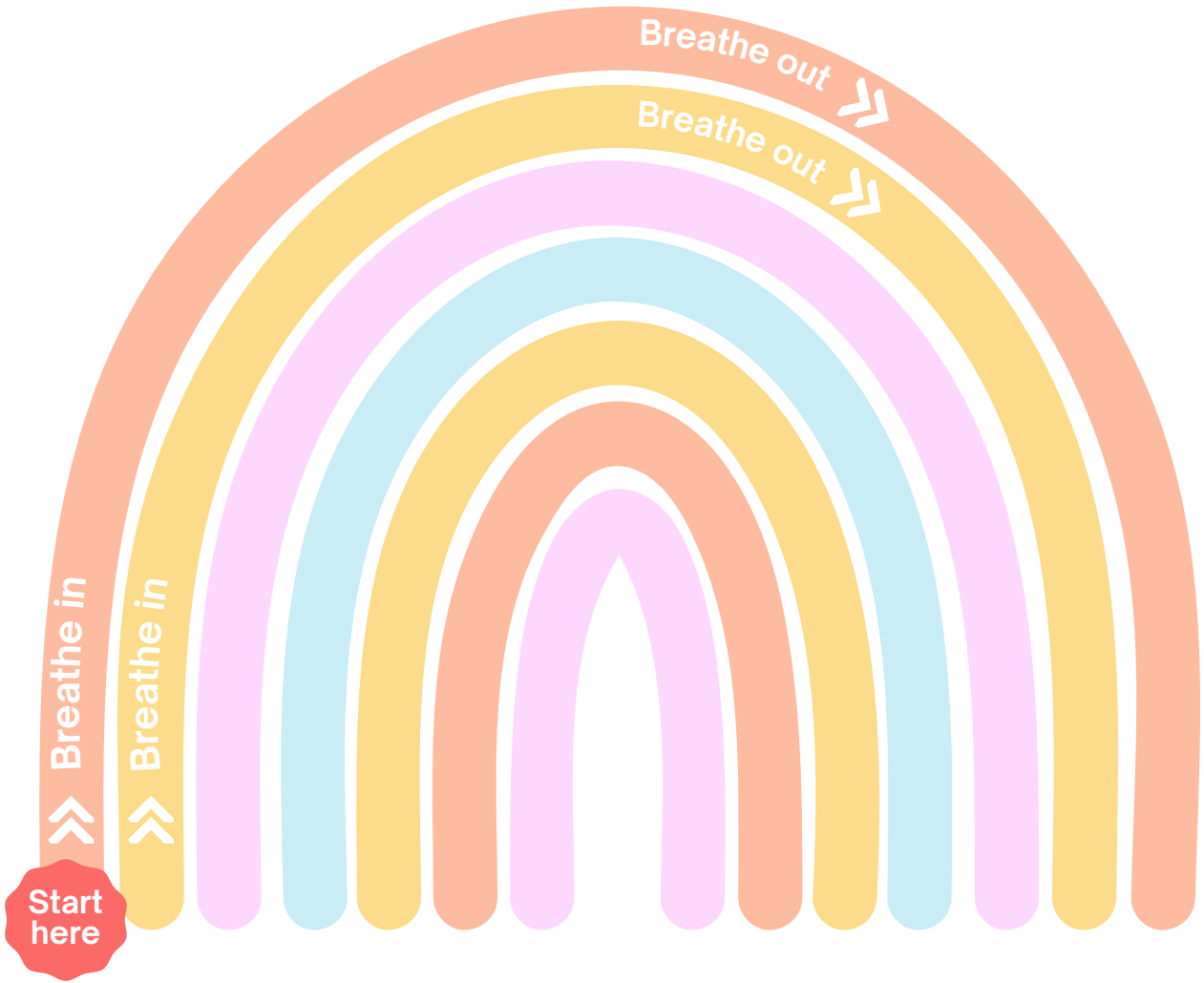


Imagine your hand as a star. Begin at your thumb, tracing up the side of your thumb while inhaling deeply. Once you reach the tip of your thumb, pause your breath and tap your thumb five times, as if the star's point is twinkling. Exhale as you glide down the opposite side. Repeat this process until you've completed tracing the entire star shape.

From Happy Notes for Little Flutists by Stéphanie Superle



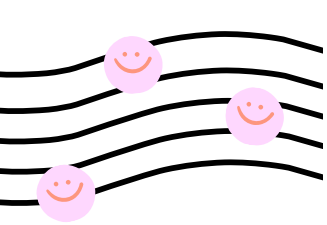
RAINBOW BREATH



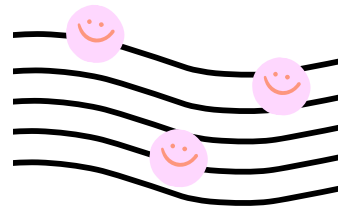
Place your finger at the bottom of the rainbow, on the left. As you trace your finger along the rainbow take a deep breath in through your nose, until you reach the middle. When you reach the middle begin to exhale through your mouth, as you trace the rainbow to the end, on the right.

Repeat with every colour until you feel calm and grounded.

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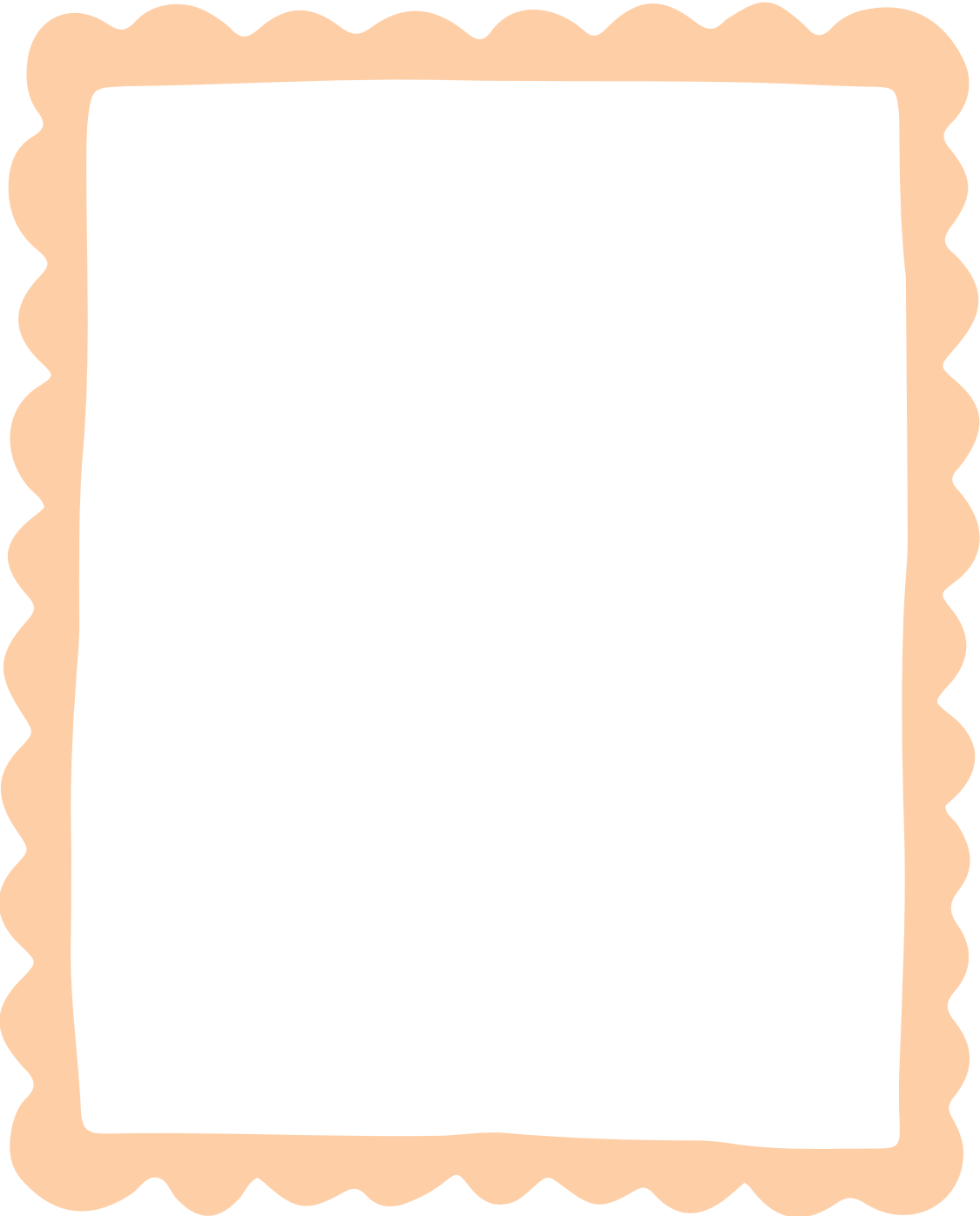


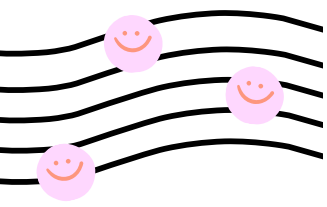
MY FLUTE SELF



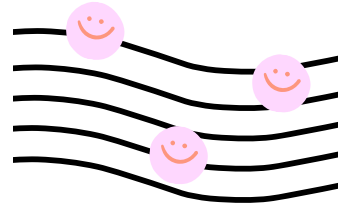
Create a selfie of you with your flute or of you with your BFF (best flute friend).

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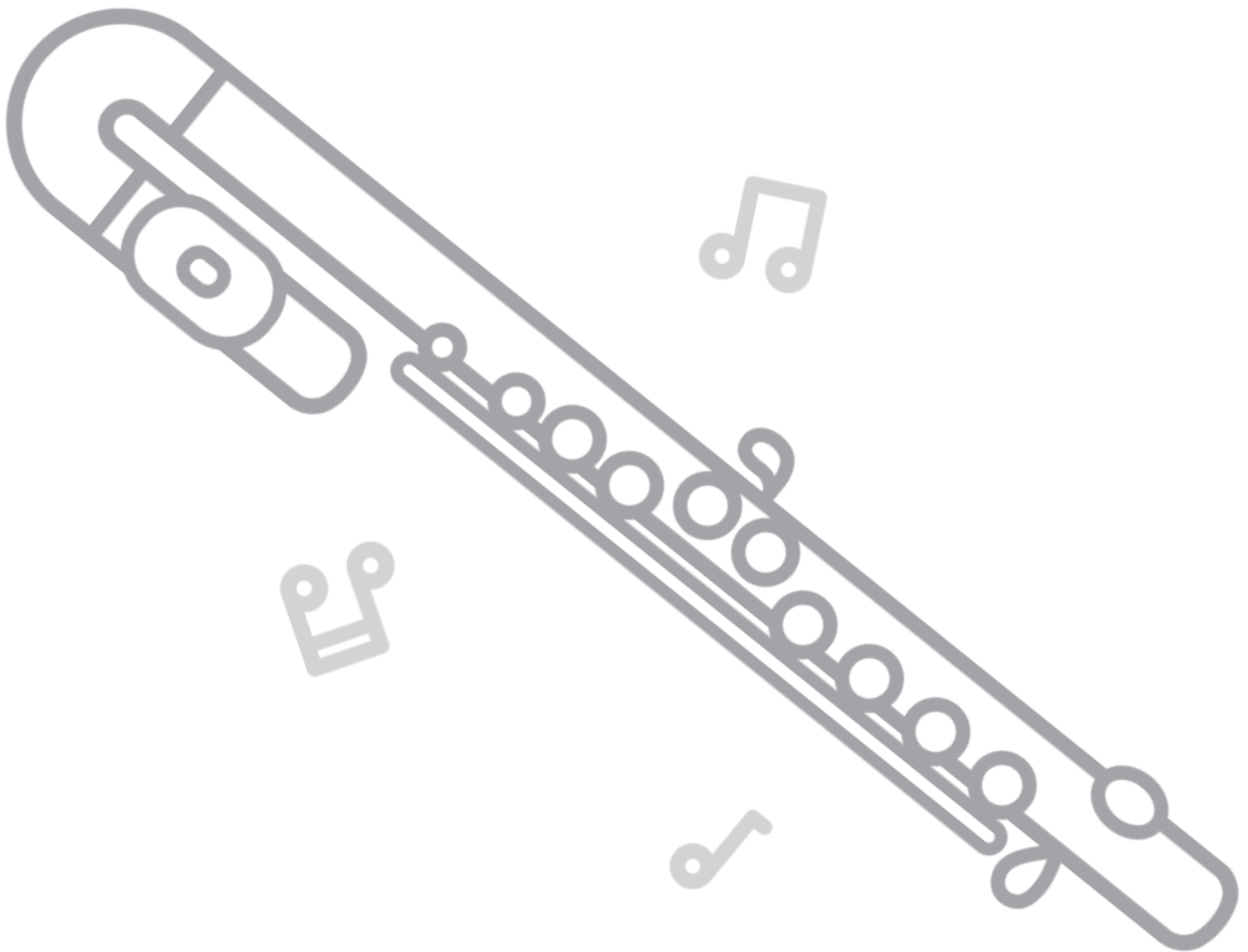


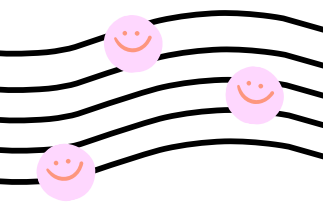


MY FLUTE ART

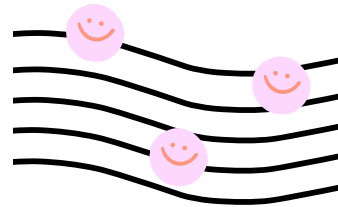


I love the flute!





HAPPY WORDS



Cut out these happy notes for your music stand, flute case, school locker, or mirror at home!

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