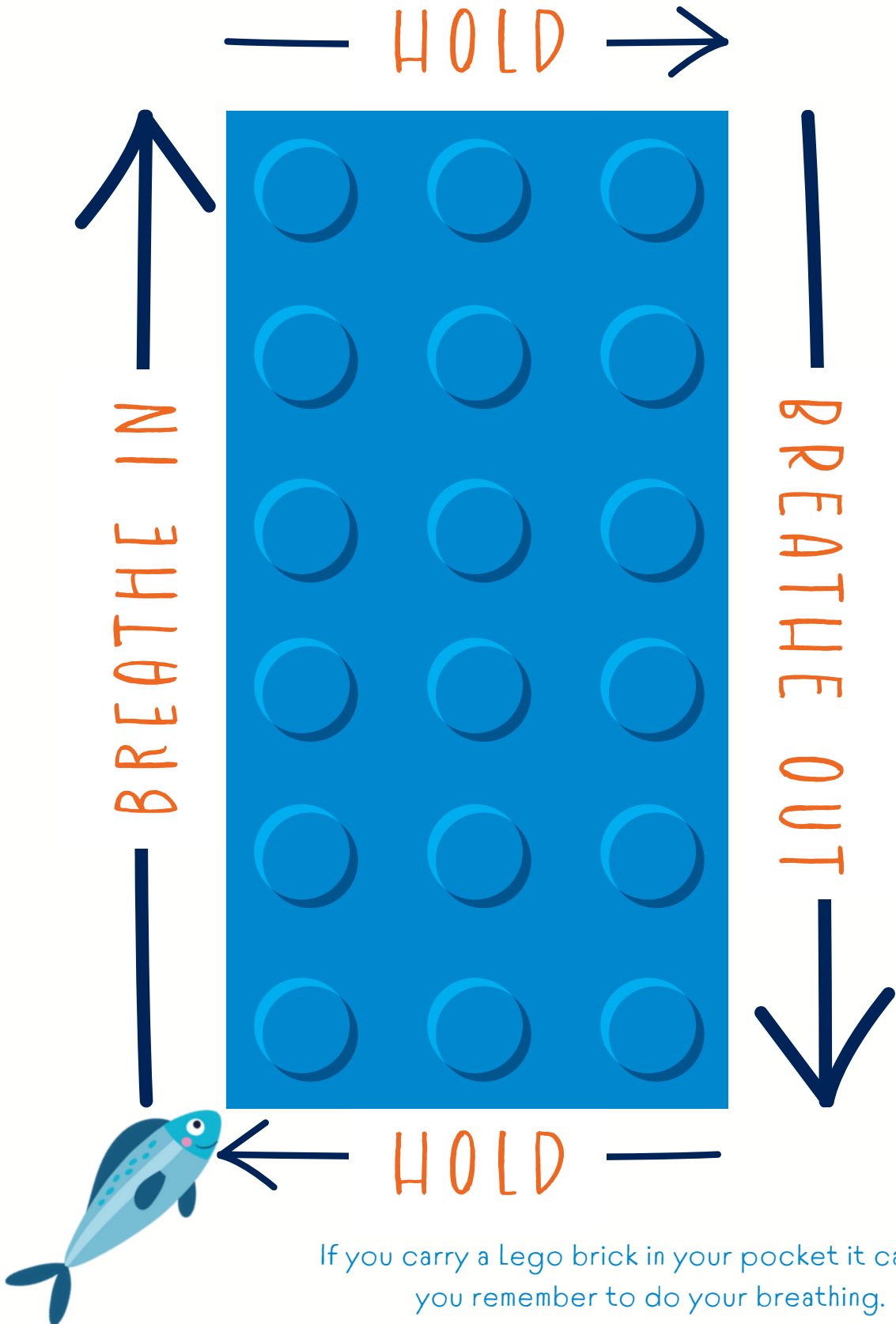




BLOCK BREATHING



If you carry a Lego brick in your pocket it can help you remember to do your breathing.