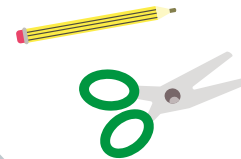


# About this Book

0 1 2 3 4 5 years

## You will need:

An illustrated list of the items you will need for each activity.



## Age

Each activity has a target age. Some activities work across a wide range of ages and some are more specific. These are just a guide and you can assess whether each activity is suitable for your child.



Sejal, London



## Breathing Together Story

You will see speech bubbles throughout the book from different members of the Breathing Together team, telling the Breathing Together story in their words.



## How to:



In two or more steps this panel will guide you through visual and written instructions on how to complete the activity.