

# RAK CLUB

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This week I wanted to give you different kinds of breathing for different kinds of moods because how we breathe affects how we feel! Click on the links below to see Mrs Knight get energetic, silly, relaxed and focused using different kinds of breath! Try it yourself 2-3 times to see how you feel!

Never forget how special, smart and loved you are!

- Mrs Knight

Do you need  
**Energy?**



[Click here!](#)

Do you need  
**Laughter?**



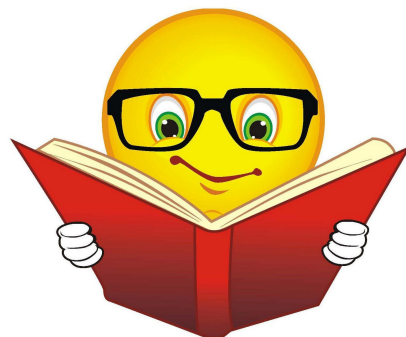
[Click here!](#)

Do you need to  
**Relax?**



[Click here!](#)

Do you need to  
**Focus?**



[Click here!](#)