

4. Calming LEDs

Turn your micro:bit into a simple digital device to help you relax by slowing and regulating your breathing.

```
forever
  pause (ms) 2000
  show leds
  pause (ms) 500
  show icon
  pause (ms) 500
  show icon
  pause (ms) 2000
  show icon
  pause (ms) 500
  show leds
```

