



MINDFULNESS

TAKE 5 BREATHING EXERCISE

Breathe in, slide up • Breathe out, slide down

Stretch your hand out like a star

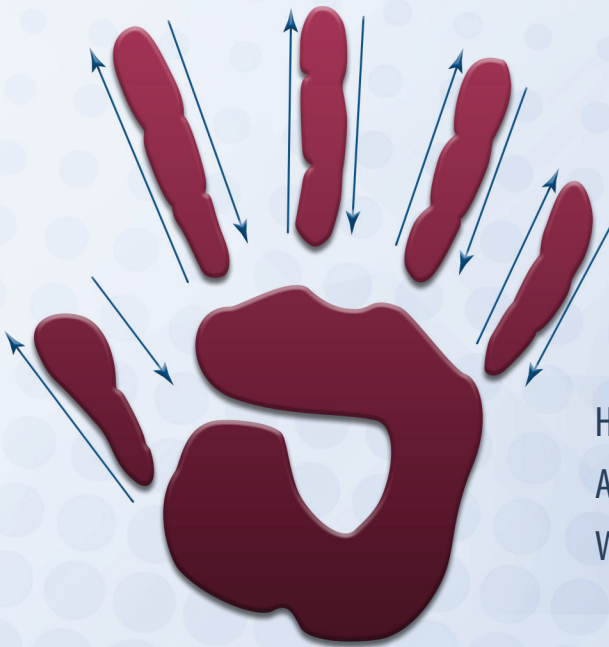
Use the pointer finger of your opposite hand to trace your fingers up and down

Trace up and down each finger slowly

Breathe in through your nose - out through your mouth

Combine your breathing with your tracing, breathe in as your slide up, out as you slide down.

Keep going until you have finished tracing your hand



How do you feel now?

Are you calm?

Would you like to take another 5 breaths?

Credit: <https://childhood101.com/take-5-breathing-exercise/>