AGES 4–12 ACTIVITY

Five-Finger Breathing



WHAT THIS IS

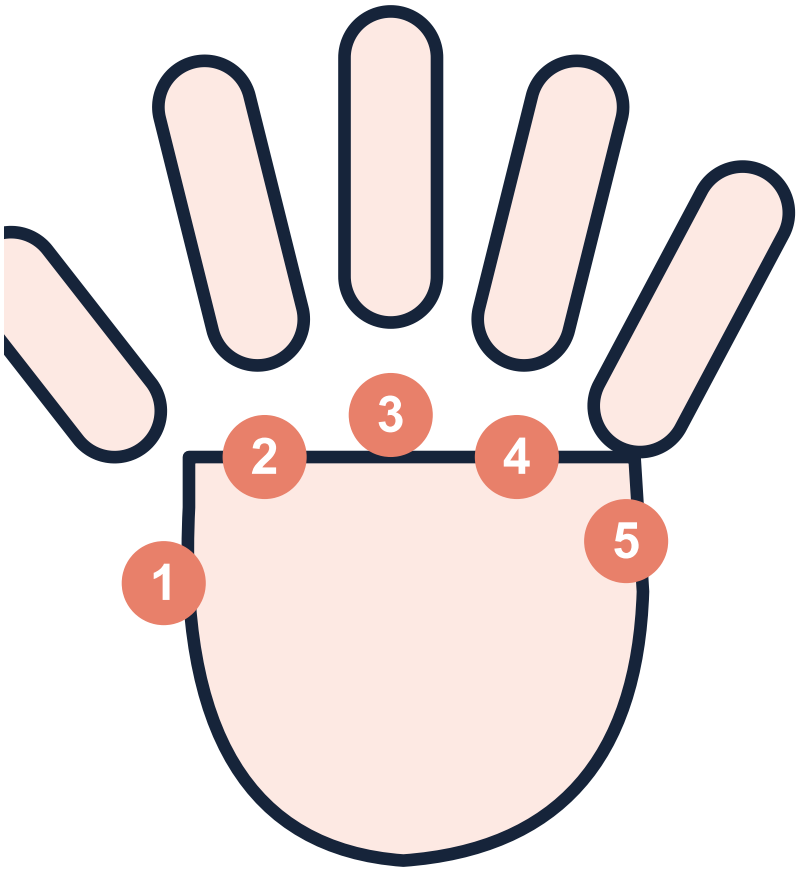
You always have your hand with you. Tracing it while you breathe slows your body down.

HOW TO USE IT

1. Hold up one hand, fingers spread.
2. Trace up each finger as you breathe in.
3. Trace down as you breathe out. Do all five fingers.

EXAMPLE

"Slide up the thumb: breathe in. Slide down: breathe out."



1 Up the thumb

Breathe in through your nose

2 Down the thumb

Breathe out slowly, like blowing bubbles

3 Keep going

Do the pointer, middle, ring, and pinky

5 Do it again

One more time if you need it

After breathing, I feel: ☐ calmer ☐ the same ☐ sleepy ☐ ready to try again

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