

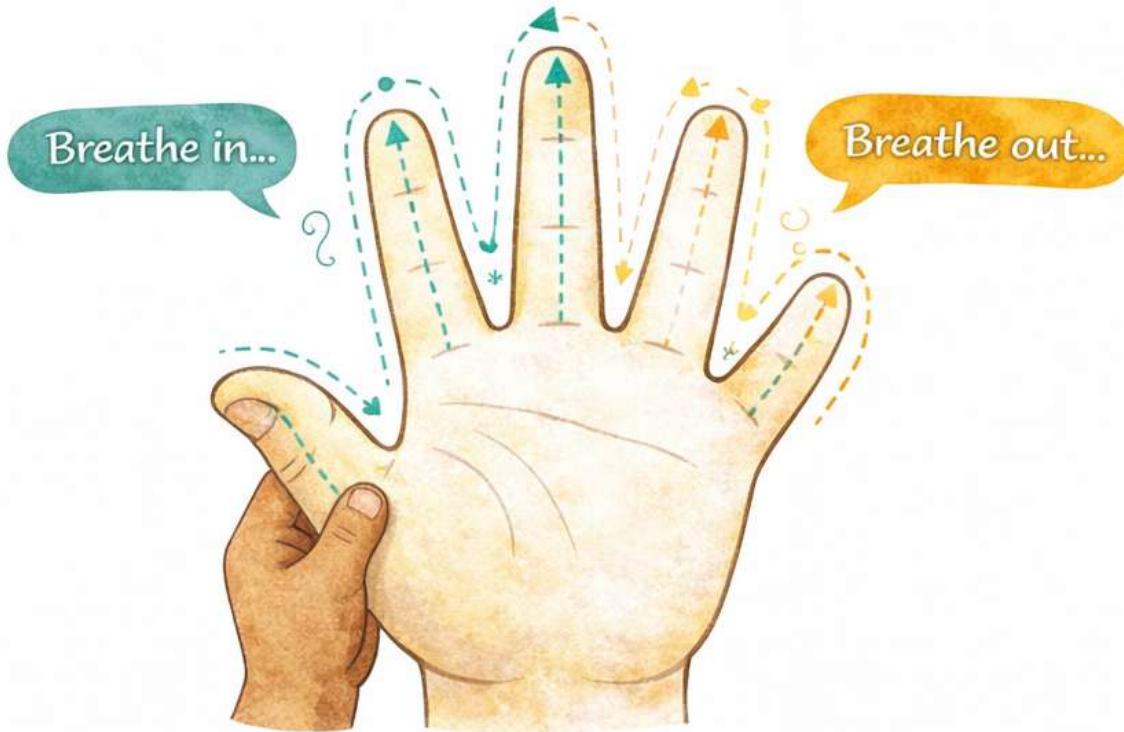
Five-Finger Breathing

Five-Finger Breathing is a way to help your body and mind feel calm. You will take slow breaths while tracing your fingers.

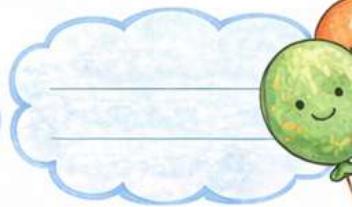
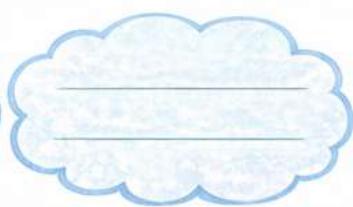
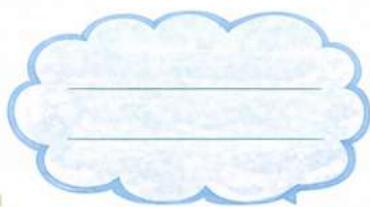
Use one hand and spread out your fingers like this.

When you trace up a finger, ***breathe in***.

When you trace down, ***breathe out***.



Trace your fingers and breathe 3-5 times.. or until you feel calmer.



Five-Finger Breathing helps me feel:

