CALM DOWN WITH “TAKE 5” BREATHING

1. Stretch our your hand like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly – slide down the other side.
4. Breathe in through your nose – out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.

Keep going until you have finished tracing your hand.

How do you feel now?
Are you calm or would you like to take another 5 breaths?
1. Estire los dedos de la mano como una estrella
2. Con el dedo, indice de la otra mano trae la mano
3. Inhale a través la nariz mientras traza cada dedo subiendo y exhale cuando traz cada dedo hacia abajo por la boca
4. Traze cada dedo inhalando y exhalando
5. Traze la mano completa y repita cuando necesario