TAKE 5 BREATHING

breathe out
breathe in
breathe out
breathe in
breathe out
breathe in
breathe out
breathe in
breathe out
breathe in

Keep going until you've traced all 5 fingers (repeat as many times as you need!)

Stretch your hand out like a big 5!

Get your pointer finger from your other hand ready to trace your fingers up and down

Breathe IN through your nose (trace up) and OUT through your mouth (trace down)

Trace your pointer finger UP (breathe in) slowly and DOWN (breathe out) the other side

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