



Give me Five!

- Stretch your hand out wide, like a star
- Get your long index finger ready on your other hand. This finger will help you trace up and down as you breathe
- Take a breath in through your nose. As you do, slide your index finger up one side of your finger
- Pause for a second as you reach the tip of your finger
- As you breathe out through your mouth, slide your finger down the other side of your finger
- Repeat for each finger - 5 breaths in total

