



BRAIN BREAK

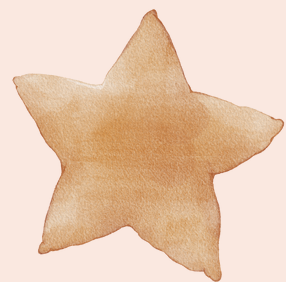


Let's take a moment to relax and take a deep breath together.



BOX BREATHING

Sit comfortably on a
chair or the floor with
your back straight
and your legs crossed.





REFLECT

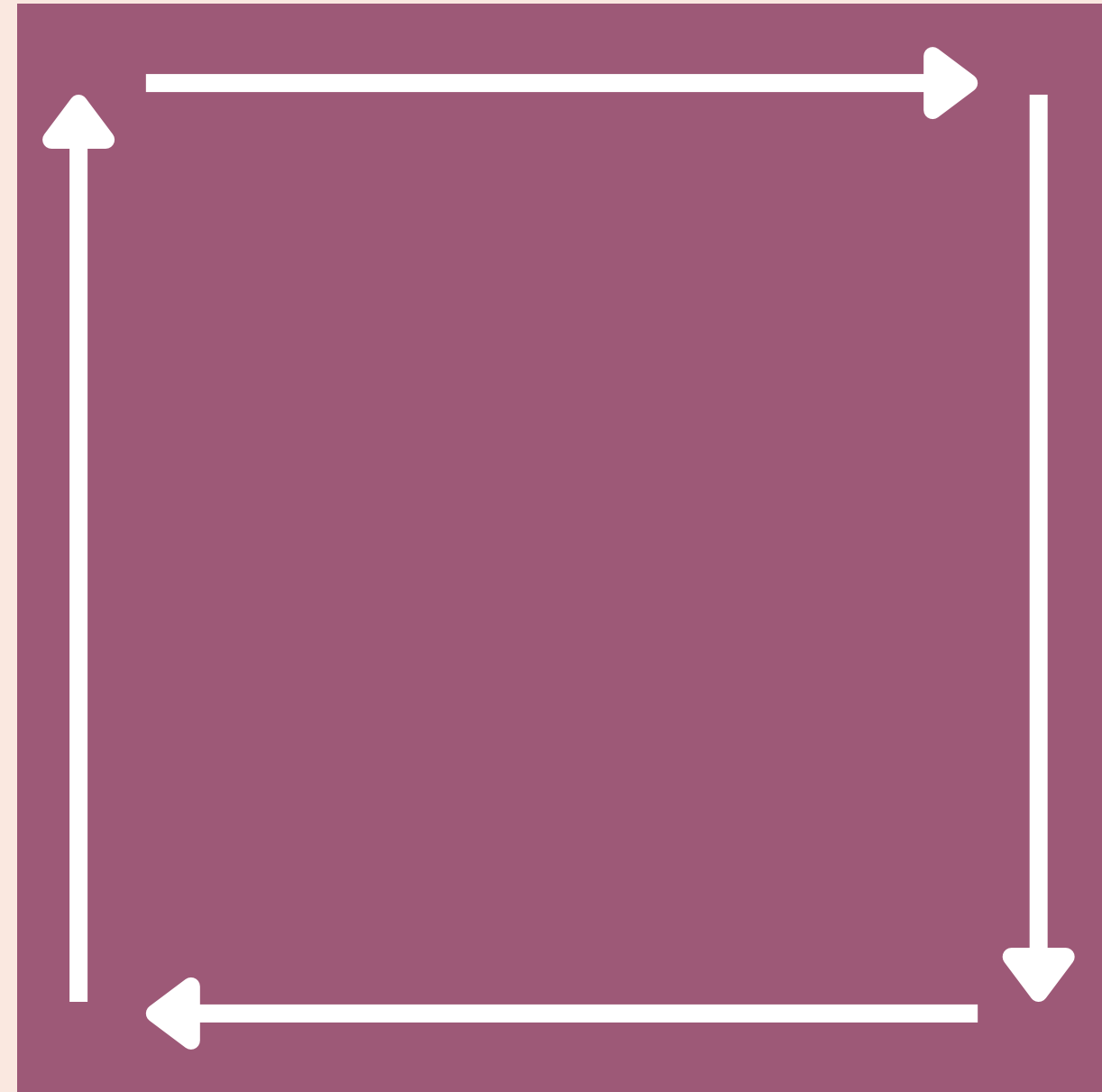
Before you start this activity, think: how are you feeling right now? Happy? Sad? Agitated? Frustrated?





STEP 1

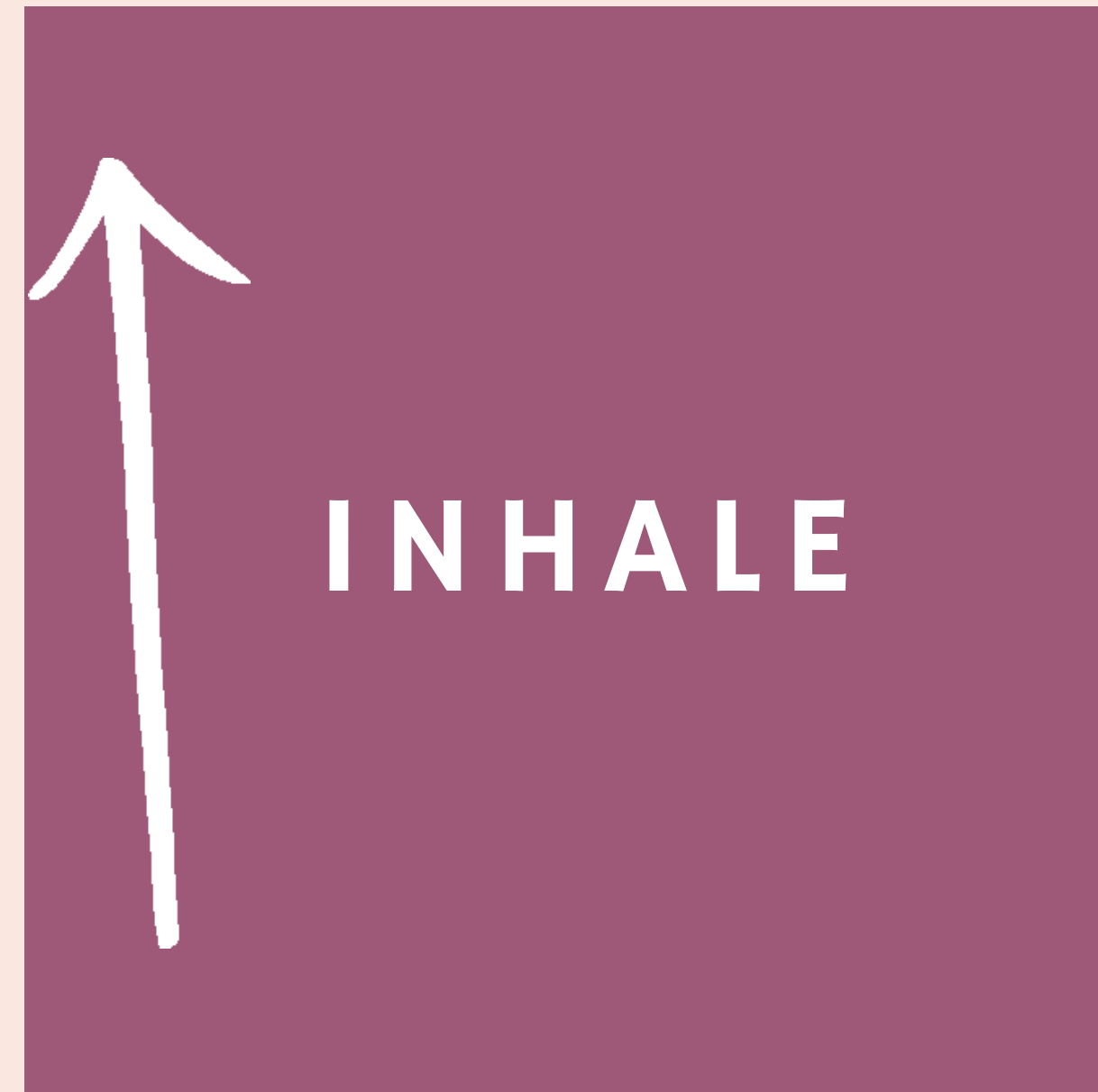
Start tracing an
imaginary box with
one hand.





STEP 2

Now let's add the
breathing exercise. As
your hand goes up,
inhale through your
nose.





STEP 3

As your hand goes to
the right, hold your
breath.



HOLD





STEP 4

As your hand goes to
the down, exhale
through your mouth.



EXHALE



STEP 5

As your hand goes to
the left, hold your
breath.

HOLD





REPEAT

Trace your imaginary box again. Each time you start tracing a new box, try taking a little longer in each step than you did previously.





REFLECT

How do you feel after this breathing exercise? Do you feel any difference in your body? Would you like to take a couple more deep breaths?





BE WELL.



Let's slowly go back to our routine now.