

5 FINGER BREATHING

BRAIN BREAK

Breathe in
Breathe in

Breathe in

Breathe in

A Breatheout

Start here

SLOWLY TRACE THE OUTSIDE OF THE HAND WITH THE INDEX FINGER, BREATHING IN WHEN YOU TRACE UP A FINGER AND BREATHING OUT WHEN YOU TRACE DOWN.

YOU CAN ALSO DO THIS BREATHING EXERCISE USING YOUR OWN HAND.