

Breathing Exercises

Calm Down With Take 5 Breathing

1. Stretch your hand out 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 your slide down.

Keep Going until you have finished tracing your hand.



Star Breathing



Pick any point of the star. Breathe out for a count of 3- then hold the breath for a count of 3 - continue around the star doing deep breathing until you return to the point where you started Repeat as needed.

4-7-8 Breathing

- Sit Upright
- Put your tongue on the roof of your mouth near your teeth.
- Close your mouth, then inhale through the nose for 4 seconds.
- Hold your breath for 7 seconds.
- Exhale completely through pursed lips for 8 seconds.
- Repeat.

