

# Take 5!!

(A mindful breathing activity for kids)

Hold one hand out in front of you with your fingers spread apart.

Start at the base of your thumb and slowly trace upward with the pointer finger on your other hand. Take a deep breath in as you trace upwards.

Pause when you reach the top of your thumb.

Now trace downwards, breathing out slowly.

Pause again at the bottom of the next finger.

Continue the whole process until you reach the bottom of your pinky finger.

How do you feel? Calm? If not, take another 5. Repeat as often as you need until you feel less anxious.

