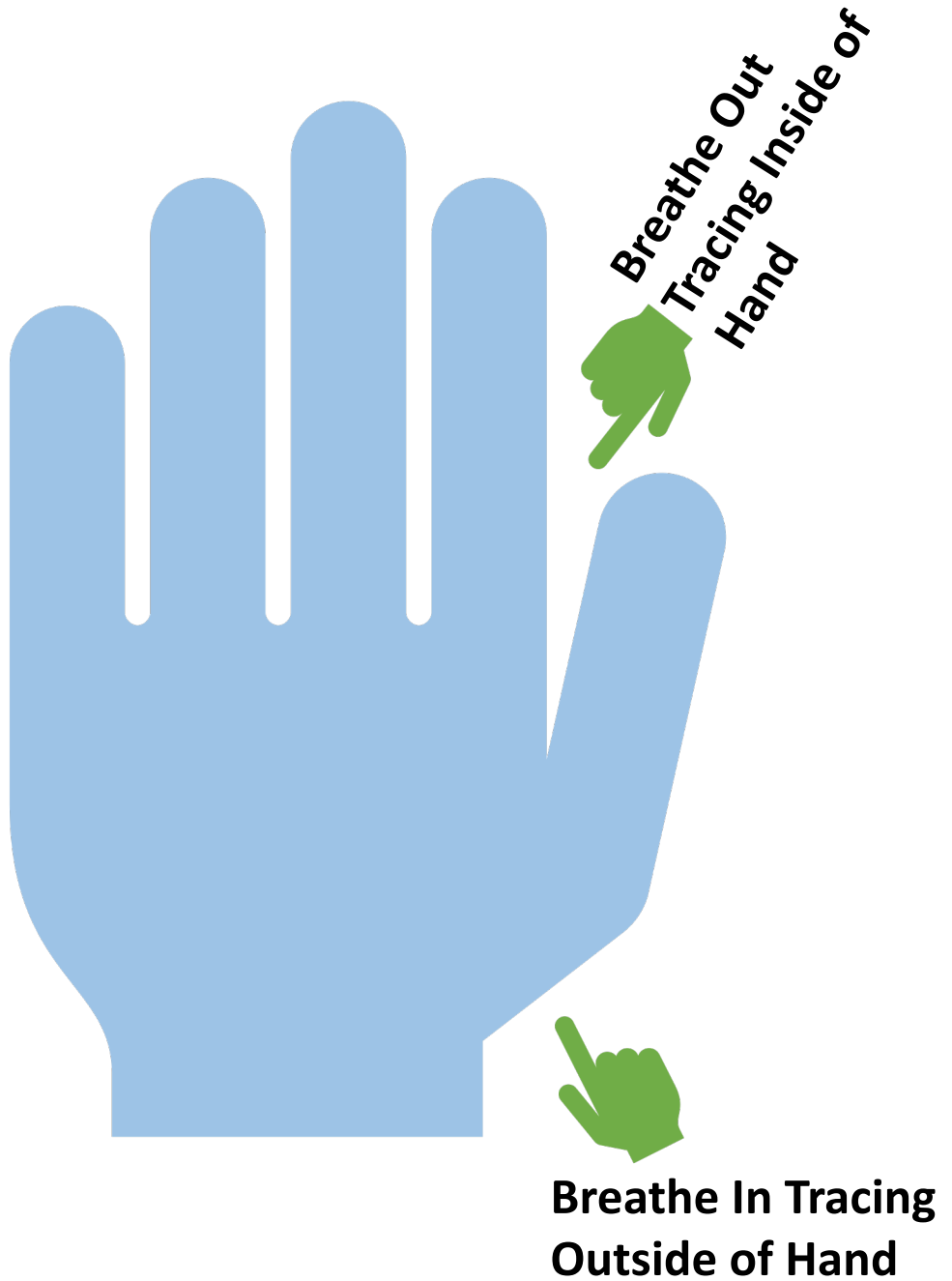


# LET'S BREATHE



# Five Finger Breathing

Five Finger Breathing is a simple way for children to remember how to breathe when needed for calming. Practice this exercise with your child during a calm moment so that he will be able to utilize this strategy independently for self regulation.

Directions:

1. Tell the child to fan his hand out like a star.
2. Ask him to take his pointer finger from the opposite hand and trace the outline along the hand that is fanned out.
3. Tell him to inhale slowly through his nose as he traces the outside of his thumb. Then, he will exhale as he traces the inside of his thumb. This will continue until reaching the end of his hand. *Breathe in while sliding up with the pointer finger and breathe out while sliding down with the pointer finger.*
4. This exercise can be adjusted for individual needs. Focus on breathing, and ask the child to notice how he feels at the end of the exercise (once mastered).

*For an example, check out YouTube "Take 5 Breathing: A Breathing Exercise for Kids"*