

# Take Five Breathing

The aim of this exercise is to slow down the breathing and aid in self regulation.



## Instructions

Sit Comfortably

Open your palm so it looks like a starfish.

Use your finger (from your other hand) to trace around your palm.

Trace up and down your fingers breathing in as you go up

Breathe out as you go down.

Go slowly and notice how it feels.

Repeat as many times as necessary until your breathing is slow and you feel calm

