



Calming Moments

Activity #1

Doing breathing exercises – connecting with the breath. 6 finger breathing exercise.

- 1) Stretch your fingers out like a star and hold it out in front of you so that you are looking at the back of your hand.
- 2) Taking the index finger of the opposite hand, place it at the base of your little finger.
- 3) As you breathe in, slide your index finger up the outside edge of the little finger and as you exhale, slide it down the inside edge of your little finger.
- 4) As you breathe in, slide your index finger up the outside edge to the ring finger and as you exhale, slide it down the inside edge of the ring finger etc.
- 5) When you finally reach the outside edge of your thumb, begin again in reverse. Inhale as you slide your index finger up the outside edge of your thumb and exhale as you slide it down the inside edge of your thumb.
- 6) Continue until you finally reach the outside edge of your little finger. Repeat as many times as you would like.

