



# 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 you slide down.
- Keep going until you have finished tracing your hand.



## Take a Pause.

1-minute relaxation activity that you can do whenever you are feeling stressed or worried.

- > **Step 1: Set up**
  - Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
  - Close your eyes if you feel comfortable.
- > **Step 2: Think, feel, body**
  - Ask yourself, "What am I thinking now?"
  - Notice your thoughts. Notice if they are negative or positive.
  - Notice how you feel emotionally. Notice if your feelings are happy or not.
  - Notice how your body feels. Notice anything that hurts or is tense.
- > **Step 3: Focus on your breath**
  - Listen to your breath as it goes in and out.
  - You can put a hand on your stomach and feel it rise and fall with each breath.
  - You may want to say to yourself "It's okay. Whatever it is, I am okay."
  - Then just listen to your breath for a while.
- > **Step 4: Coming back**
  - Notice how your whole body feels.
  - Listen to the sounds in the room.
- > **Step 5: Reflecting**
  - Think 'do I feel different at all?'
  - When you are ready, open your eyes.