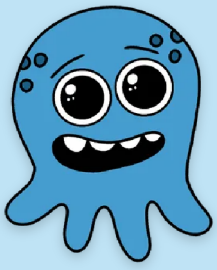
SEL · MINDFULNESS AND CALMING · GRADES K–3

Five-Finger Breathing

Trace your hand, then slide a finger up each finger as you breathe in and down as you breathe out: five slow breaths.



Name: _____ **Date:** _____

How to do it: spread one hand out like a star. With a finger of your other hand, slide **up** your thumb as you **breathe in** and **down** the other side as you **breathe out**. Keep going over each finger to your pinky. That is five slow breaths.

Trace your hand here. Then breathe around it: up = breathe in, down = breathe out.

How do I feel after?

- ◯ Still wiggly
- ◯ A little calmer
- ◯ Calm
- ◯ Very calm

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