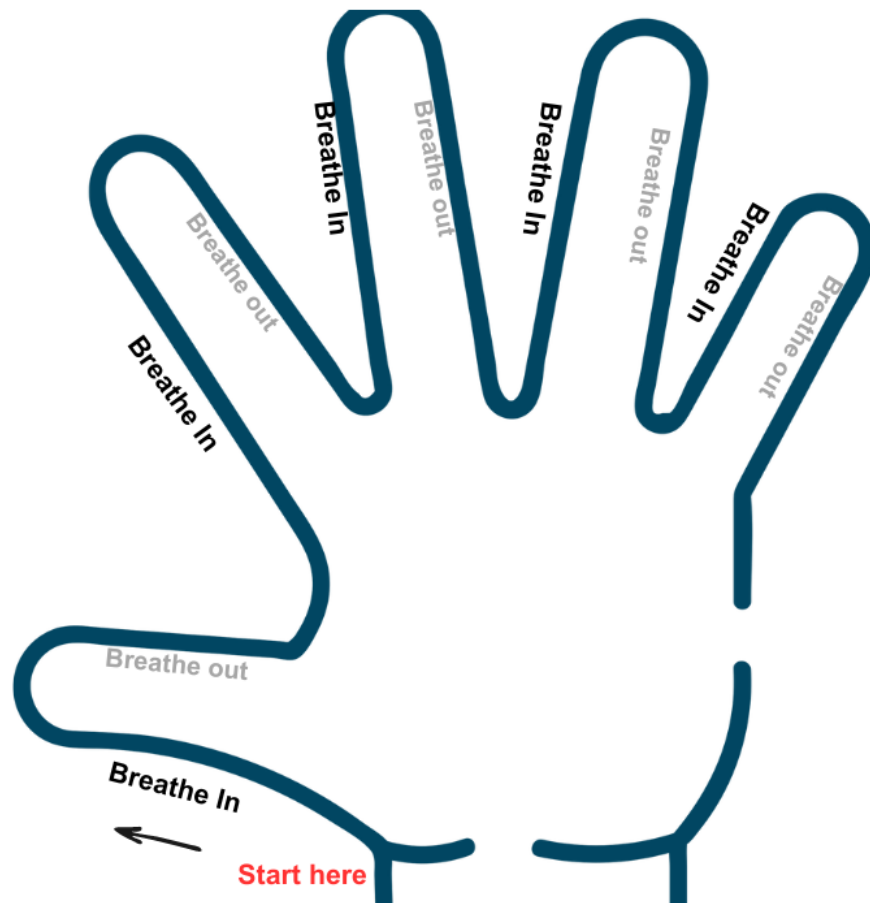


## CALM YOURSELF WITH A 5 FINGER BREATHING BRAIN BREAK



Slowly trace the outside of your hand with the index finger, breathing in when you trace up on a finger and breathing out when you trace down on a finger.

**You can do this using your own hand anytime & anywhere!**