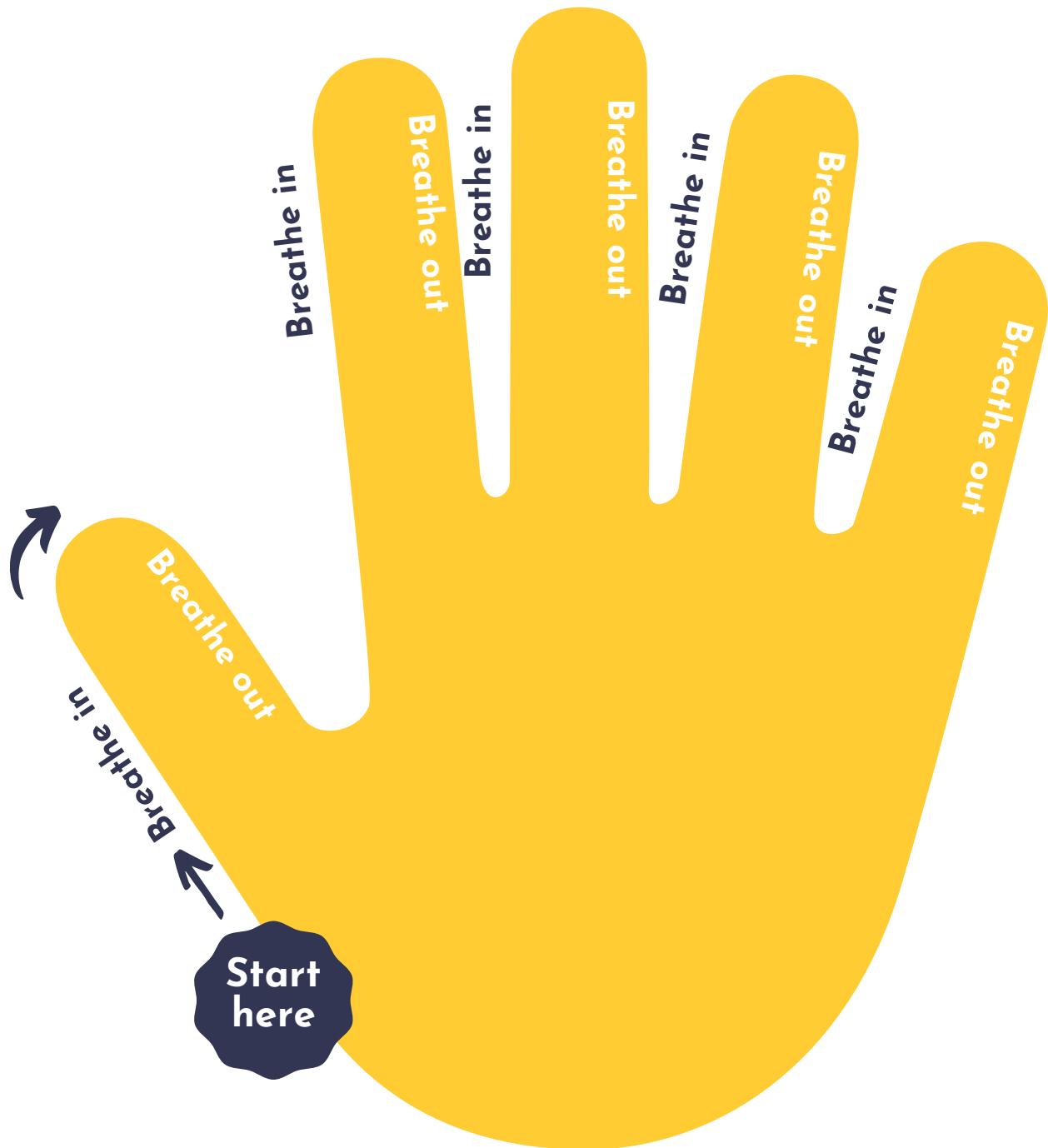


CALM YOURSELF WITH A 5 FINGER BREATHING BRAIN BREAK



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

You can also do this breathing exercise using your own hand.



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