

Calm down with take 5 breathing

1. Stretch your hand out like a star



2. Get your index finger 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 and 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 traced your whole hand.