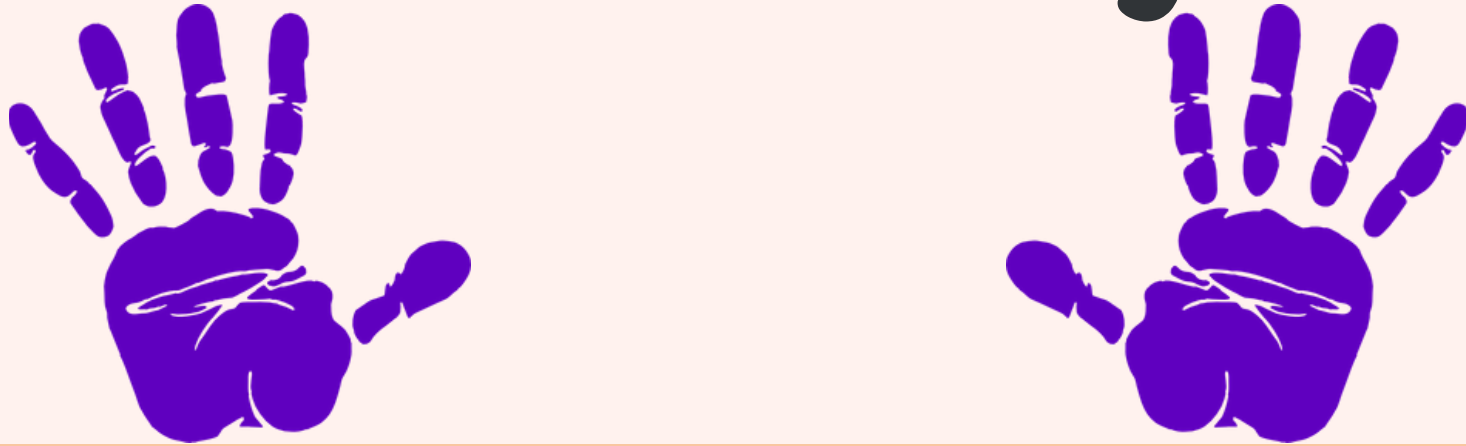


# Hand Breathing



Place your hand in front of you and spread your fingers. Breathe in as you trace up each finger, and exhale as you go down. Repeat until you have traced each finger.



*You can ask the young people to draw around their hand first. They can write positive words inside (one for each finger) or just use this as a guide. You can also count the fingers as you go along each one.*

*For older children they can use this technique under their desk. It is one they can use without anyone even noticing.*