

1.7.20 Calm Down Challenge - Take 5

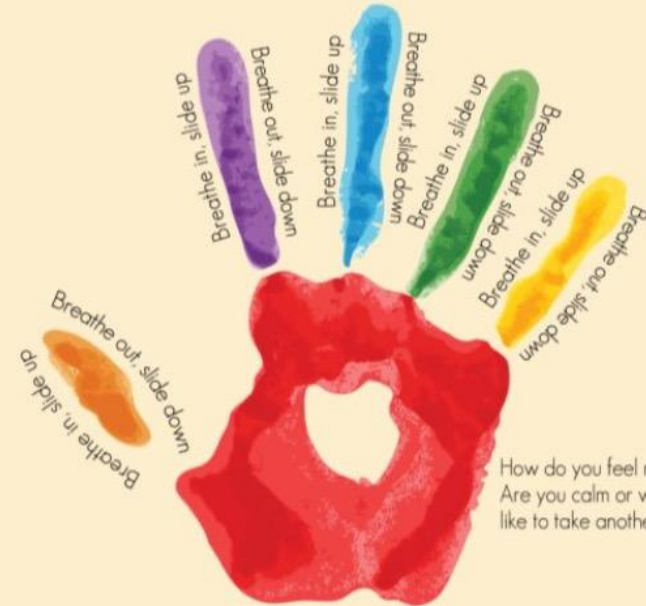
Breathing exercises can help us to do different things. Can you remember some of the breathing exercises we do at school? Which is your favourite?

Here is a breathing exercise to help us if we need to calm down. Have you tried this one? Can you make a poster telling others about the Take 5 calm down challenge?



CALM DOWN WITH TAKE 5 BREATHING

1. Stretch your hand out like a star.
2. Get your pointer 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 ~ 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 finished tracing your hand.



How do you feel now?
Are you calm or would you
like to take another 5 breaths?