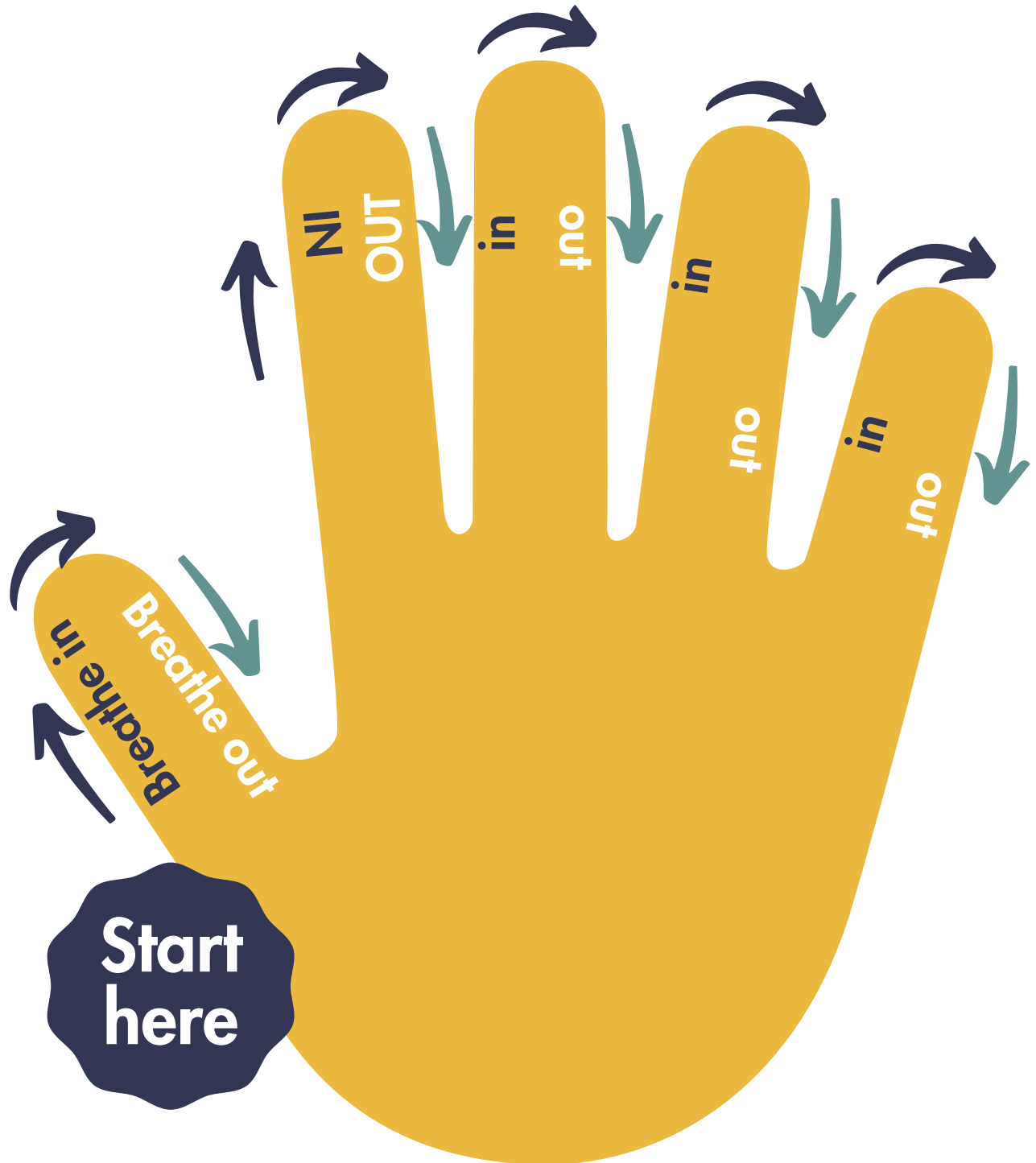
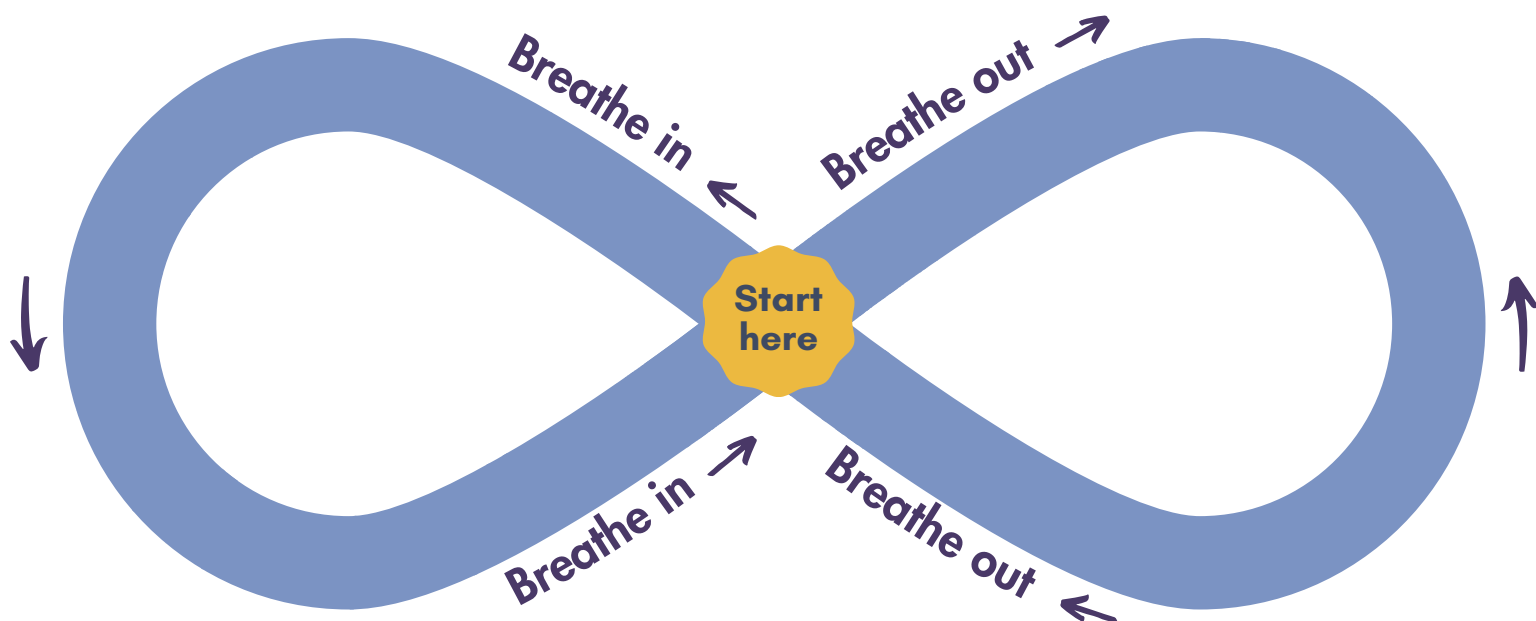


FINGER BREATHING



INFINITY BREATHING





· CHILD, ADOLESCENT, & FAMILY PRACTICE ·

A simple mindfulness exercise is to notice what you are experiencing right now through any or all of your five senses: sound, sight, touch, taste, and smell.

Take a few slow breaths and ask yourself



What are three things I can hear?



What are three things I can see?



What are three things I can feel?



What are three things that I can smell?



What are three things I can taste?



SQUARE BREATHING

BRAIN BREAK

Hold for 4

Breathe in for 4

**Start
here**

Hold for 4

Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.