

Mindfulness

CALM DOWN WITH TAKE 5 BREATHING



1. Stretch your hand out like a star.
 2. Get the pointer finger of your other hand 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.

Let's Take a Mindful Minute

Mindfulness means "being aware of what is happening right now and how you feel about it."

Close Your Eyes. Sit Quietly. and...

Breathe

Take deep breaths, and let them out slowly. Think about how the air goes in and out of your lungs.

Listen

Listen to the sounds around you, and think about how many sounds you can name.

See

Look at one item around you; and think about its shape, color, texture, and how it is made.

Touch

Use your fingertips to feel an item or the area around you. Think about how it feels and the words you would use to describe it.

Smile

Open your eyes, and enjoy the world around you.

<https://www.youtube.com/watch?v=RTsFIKjEYtk>

