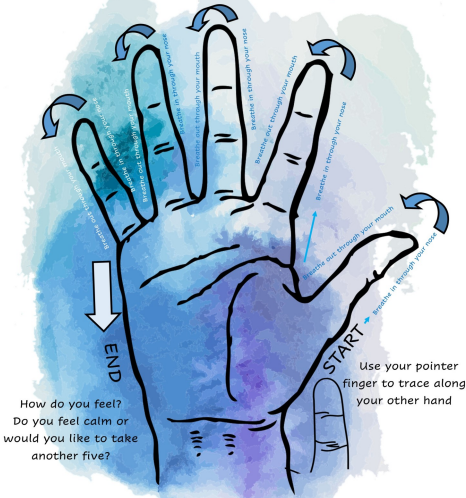


Take 5 Breathing

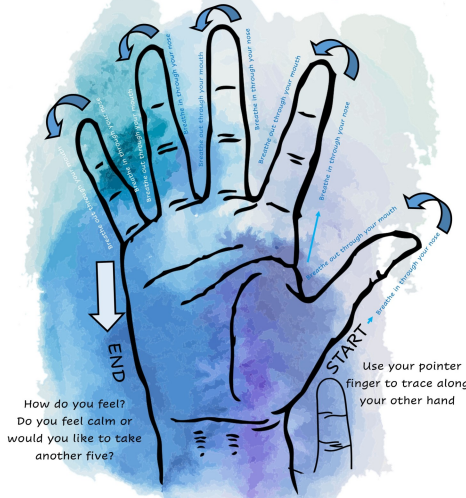


How do you feel?
Do you feel calm or
would you like to take
another five?

Use your pointer
finger to trace along
your other hand

- Spread your hand and stretch your fingers out like a high five or stop sign.
- Trace around the outline of your hand and fingers.
- Start at the bottom of your thumb and slide your finger up your thumb, pause at the top and then slide your finger down the other side.
- Breathe in through your nose and breathe out through your mouth.
- Keep doing this until you have finished tracing your fingers and you have taken five slow breaths.

Take 5 Breathing

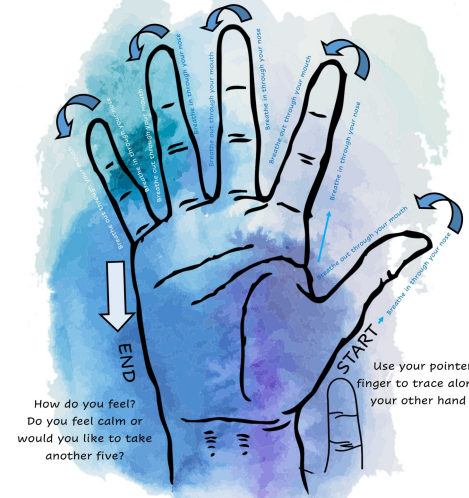


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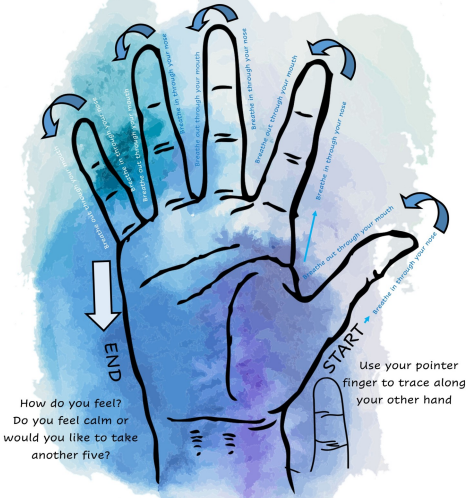


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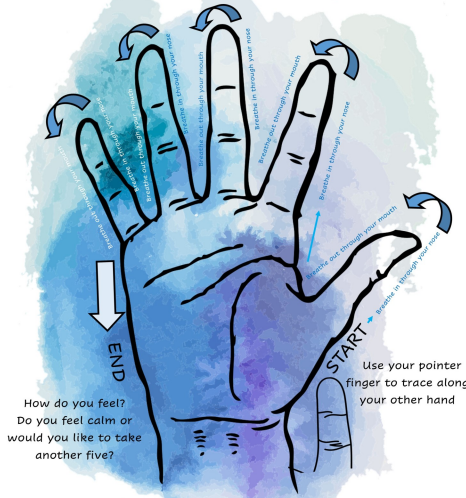


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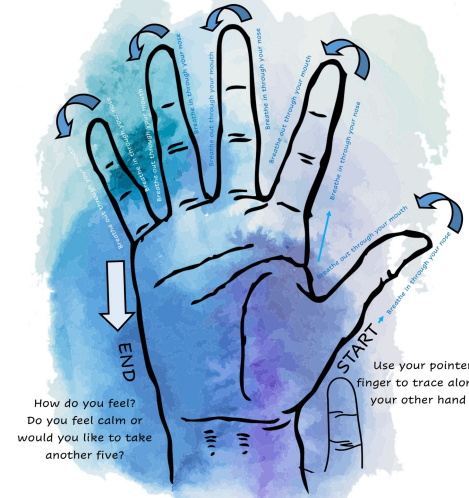


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