

# STOP AND BREATHE

## FINGER BREATHING

Finger breathing is great to use when you are feeling a little anxious or irritated.

- 1 Hold up the hand you don't write with in front of you.
- 2 Use your other pointer finger to trace your fingers.
- 3 Begin at the base of your thumb and breathe in through your nose as you trace up.
- 4 Breathe out as you trace down the inside of your thumb.
- 5 Continue this process as slowly as possible with the rest of your fingers.
- 6 Repeat until you feel calm.



## MAGNET BREATHING

Magnet breathing helps us to focus and concentrate, be sure to watch your hands while you're doing it.

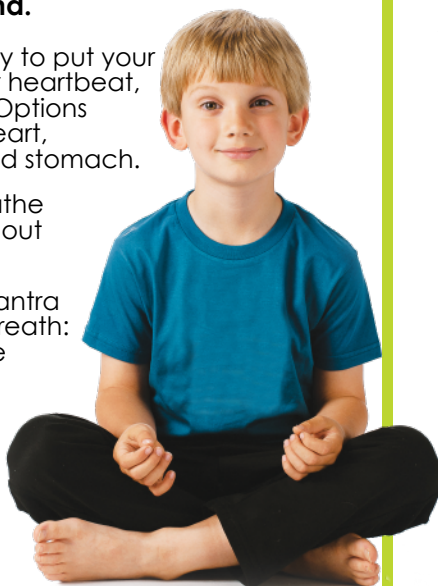
- 1 Place your hands at heart center.
- 2 When you breathe in, separate your hands and pull them apart like you would two magnets.
- 3 When you breathe out, slowly bring your hands back to heart center.
- 4 Do this a few more times, until you feel more focused.



## ANCHOR BREATHING

Anchor breathing helps us to slow down our heartbeat, breath, and mind.

- 1 Find a place on your body to put your hands to connect to your heartbeat, breath, and smart mind. Options include hands on your: heart, stomach, lap, or heart and stomach.
- 2 Close your eyes and breathe in through your nose and out through your nose.
- 3 If you would like, say a mantra in your head with each breath: "I am: (something positive you'd like to become)."
- 4 Repeat until you are ready to go back to your learning.



## FLOWER BREATHING

Flower breathing helps us to concentrate and calm down, be sure to watch your hands or close your eyes while you're doing it.

- 1 Place your hands in "Lotus Flower Mudra."
- 2 Breathe out through your nose, bringing the tips of your fingers together, like your flower is closing.
- 3 Breathe in through your nose, opening your fingers back up, like a blooming flower.
- 4 Do this until you feel calm and focused.

