

5 finger breathing

an easy deep breathing exercise



It can be hard to remember how to take a deep breath when we're feeling anxious! Use this exercise to take some good deep breaths and let your body get that oxygen it needs.

Trace each of your fingers up and down, from your thumb to your pinky. As you trace up, breathe in slowly on a count of 4. As you trace down, breathe out slowly on a count of 4. Repeat as many times as you like.

