# High Five Friday

## Take Notice Activity

### Breathing Together

This activity is very similar to mindful breathing, but with the added benefit of doing it with someone else. This can be used at the start or end of the day. Tip: this works best in a quiet and comfortable place.

1. Find a partner.

2. Sit back-to-back with your partner.

3. Sit up straight and gently close your eyes.

4. Slowly breathe in through your nose and count 1, 2, 3 in your head.

5. Hold the breath for 1, 2, 3.

6. Slowly breathe out through your mouth and count 1, 2, 3 in your head.

7. Repeat these steps for at least 3 minutes while you think about the questions below.

Questions to think about:

- How can you tell that your partner is breathing?
- Did you breathe at the same time as your partner?
- What does their breathing feel like, is it fast or slow?
- What feelings did you feel while breathing with your partner?
- Do you feel closer to your partner after doing this exercise?