

COUNTDOWN TO CALM

This mindfulness
activity focuses
on one's
breathing.



TRY THIS!



- 1) Holding up one hand, lift one finger at a time and slowly count from 1 to 5 as you breathe in through your nose.
- 2) As you breathe out through your nose, slowly draw your fingers in from 5 to 1.
- 3) Repeat as many times as needed.

QUESTIONS TO CONSIDER

- 1) Why do you think breathing deep helps us feel more calm?
- 2) When do you think it would be beneficial to use this practice in the future?
- 3) What are three ways you can remind yourself to use this practice next time you are upset?