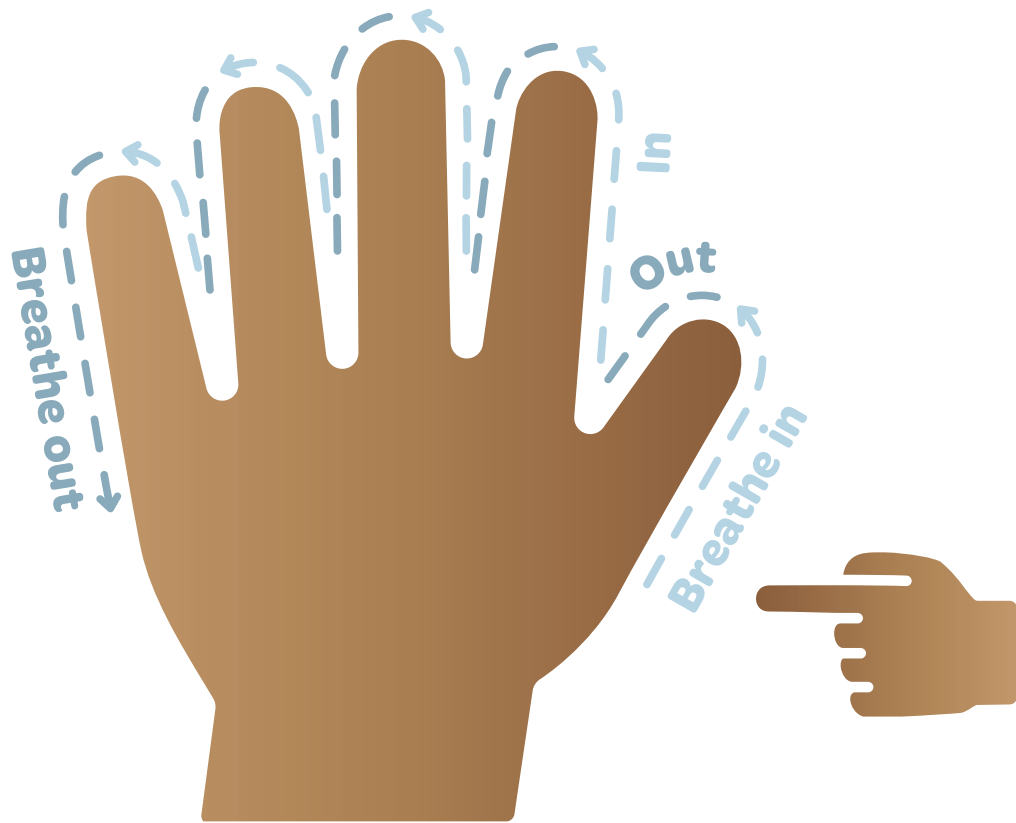


Take time to calm down

Five-finger breathing exercise



This activity will help teach children a simple breathing technique using their five fingers as a visual guide. This exercise helps children practice mindful breathing and self-regulation, promoting calmness and relaxation, which is ideal for getting ready to sleep.

1. Introduction:

- Gather the children in a quiet and comfortable space, ensuring minimal distractions.
- Begin by briefly explaining the importance of deep breathing for relaxation and managing emotions.
- Introduce the concept of using fingers as a visual guide for breathing.

Demonstration:

- Hold up your hand and explain that each finger will represent one breath.
- Show the children how to trace each finger while taking a deep breath in and out, starting with the thumb.
- Model the activity by tracing your fingers with slow, deep breaths, and encourage the children to observe your demonstration.

2. Guided practice:

- Invite the children to follow along with you as you guide them through the activity.
- Begin by raising your hand and showing them the visual representation of the hand chart (if available).
- Start with the thumb and instruct the children to trace their thumb with their other hand's finger while taking a deep breath in through the nose.
- Pause briefly and then instruct them to trace their thumb back down while exhaling slowly through the mouth.
- Repeat this process for each finger, emphasising the connection between the breath and finger tracing.

3. Independent practice:

- Encourage the children to try the activity on their own.
- Give them a moment to practice the technique quietly, reminding them to take deep breaths and trace each finger as they breathe in and out.
- Observe and provide assistance or guidance as needed.

4. Conclusion:

- Wrap up the activity by emphasising that this breathing technique can be used whenever they need to calm down, focus or relax.
- Remind them that deep breathing is a helpful tool they can use anytime, anywhere.

Note: It's important to be sensitive to any children who may have breathing difficulties or respiratory conditions. Modify the activity accordingly or provide alternative techniques if needed.

