

Five Finger Breathing

A simple breathing exercise that pairs slow breaths with touch, helping your child's body and mind settle together.

What's Included

- * Page 2: A full-size version of Five Finger Breathing with a filled-in hand
- * Page 3: A full-size version of Five Finger Breathing with an outline hand - a lighter-ink option, great for printing at home
- * Page 4: Both versions, sized smaller for on-the-go moments.

Use the full-size pages at home to practice together. Cut out the smaller versions for pockets, backpacks, traveling.

Age

5+ years

When to Practice

During calm moments -
bedtime, walks
- so it feels familiar.

When to Use

Anytime your child needs to calm their body.



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www.FrancesBarry.net



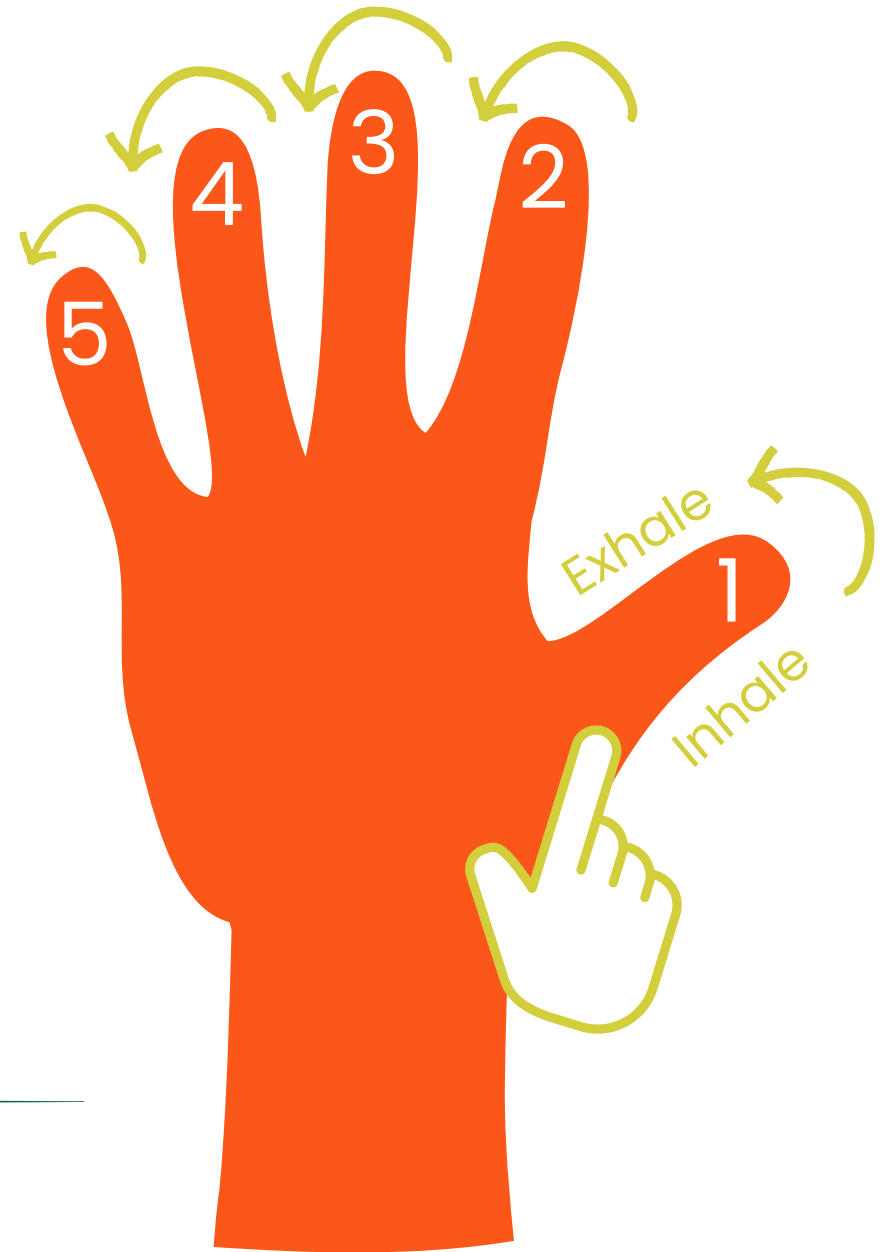
Five Finger Breathing

Stretch out one hand like a star.

With the pointer finger of your other hand, trace slowly up and down each finger.

Breathe **in** as you trace **up**. Breathe **out** as you trace **down**.

Keep going until you've traced all five fingers.



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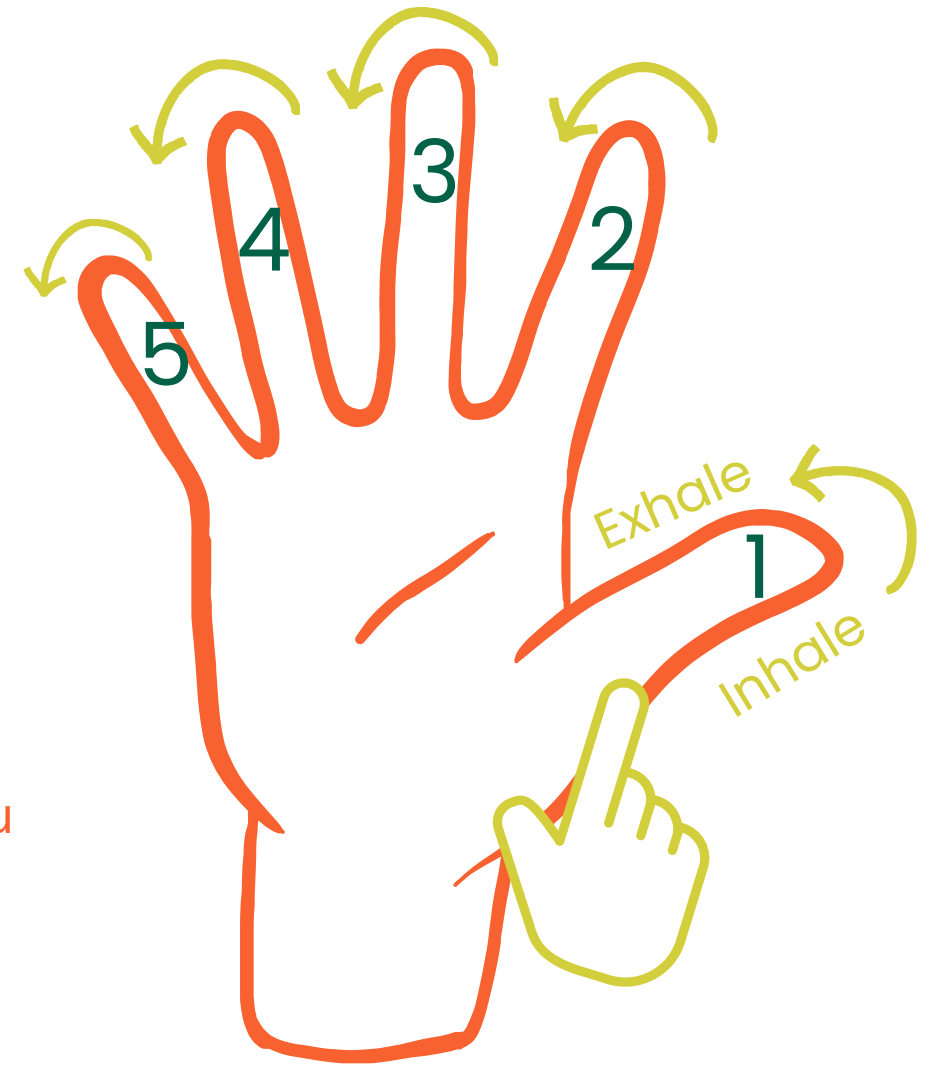
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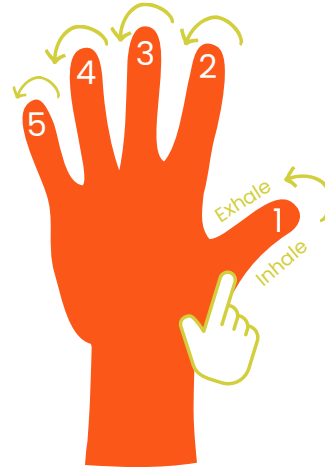
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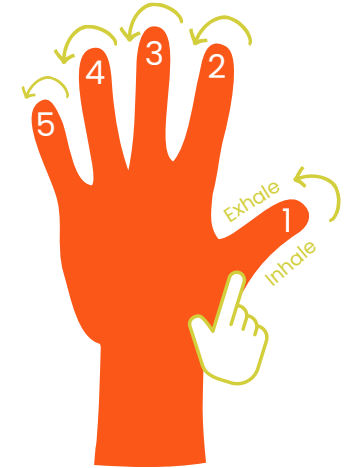


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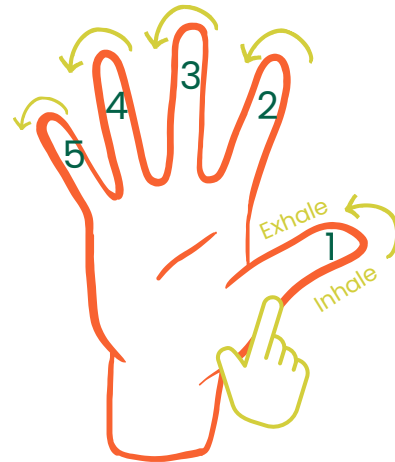


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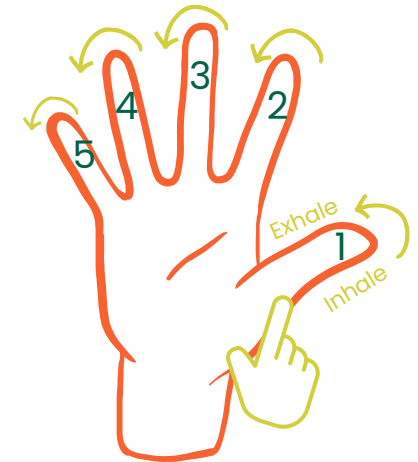


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