

FINGER BREATHING EXERCISE

1 Hold up one hand:
"Let's start by
holding up one hand,
like a star."

2 Trace with the other
hand: "Use one finger to
trace up and down the
fingers of your star
hand."



5 Repeat for all fingers:
"Keep going, breathing in
as you go up, and
breathing out as you go
down each finger."

4 Breathe out as you go
down: "When you
trace down the
finger, breathe out
slowly."

3 Breathe in as you go
up: "As you trace up
one finger, take a
big breath in."

