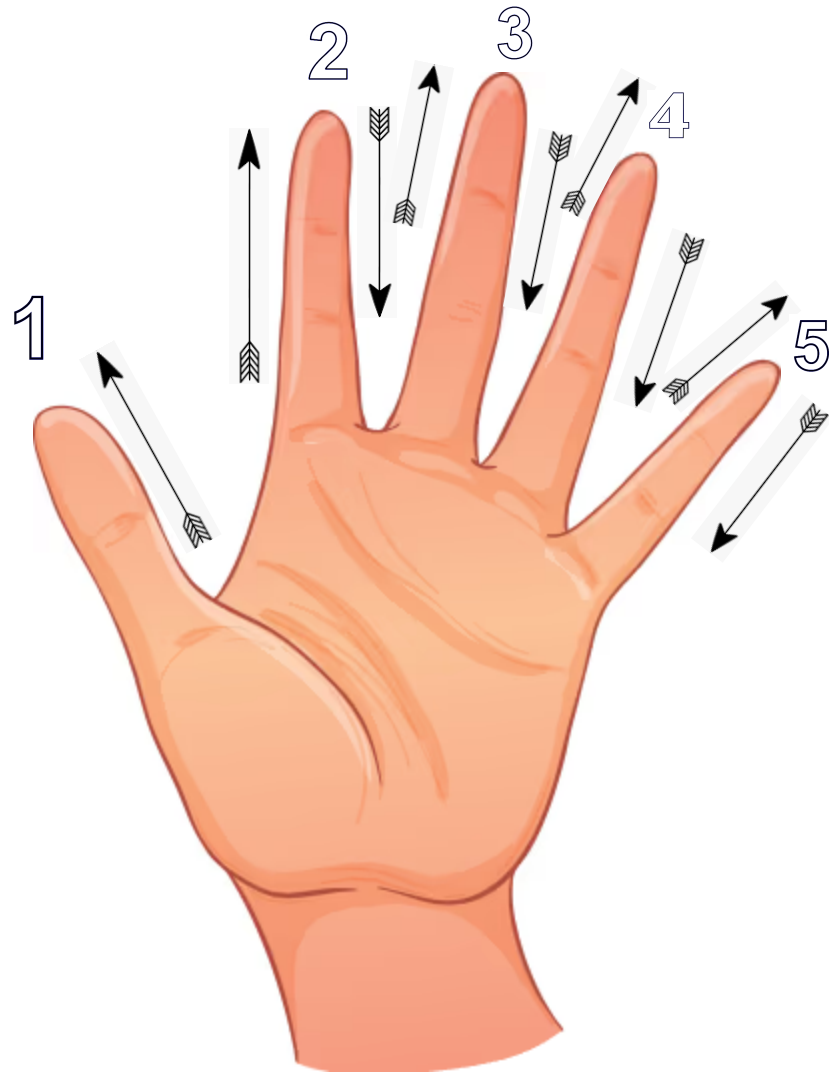


Five Finger Breathing



Five-finger breathing is a simple but powerful breathing technique that induces deep relaxation.

Unlike other types of breathwork, five-finger breathing is a multisensory experience where you concentrate on more than just your breath. You also focus on the movement and sensation of one hand touching another, slowly and with intentionality.

How to Begin

- ★ To start, hold one hand in front of you with your fingers spread comfortably apart
 - ★ Move your finger up your thumb, and take a slow breath in, (allowing your eyes to close, if this feels comfortable)
 - ★ When you reach the top of your thumb, Slowly slide your index finger down the other side of your thumb while exhaling
 - ★ When you're done tracing your thumb, move on to tracing your index finger in the same way – then your middle finger, ring finger and pinky finger
 - ★ As you trace each one, continue to breathe deeply and slowly. “Allow yourself relax as you breathe gently
- Become more and more deeply relaxed each time you exhale
- ★ When you've traced your whole hand and reached the bottom of your pinky finger, go back the way you came, moving toward your thumb
 - ★ Continue to take slow breaths in and out, focusing on your breath and on the sensation of your index finger tracing your skin
- Allow yourself to relax as much as you possibly can, using your breath as your guide

Five finger breathing is an activity that is easy enough that children can comprehend and utilise too, making it a helpful strategy when supporting children to find their centre of calm through simple grounding techniques.

