



## Happy Breathing Script FINGER BREATHING

Sitting comfortably in your chair now, place your feet flat on the floor, sit up straight and gently lower your chin towards your chest.

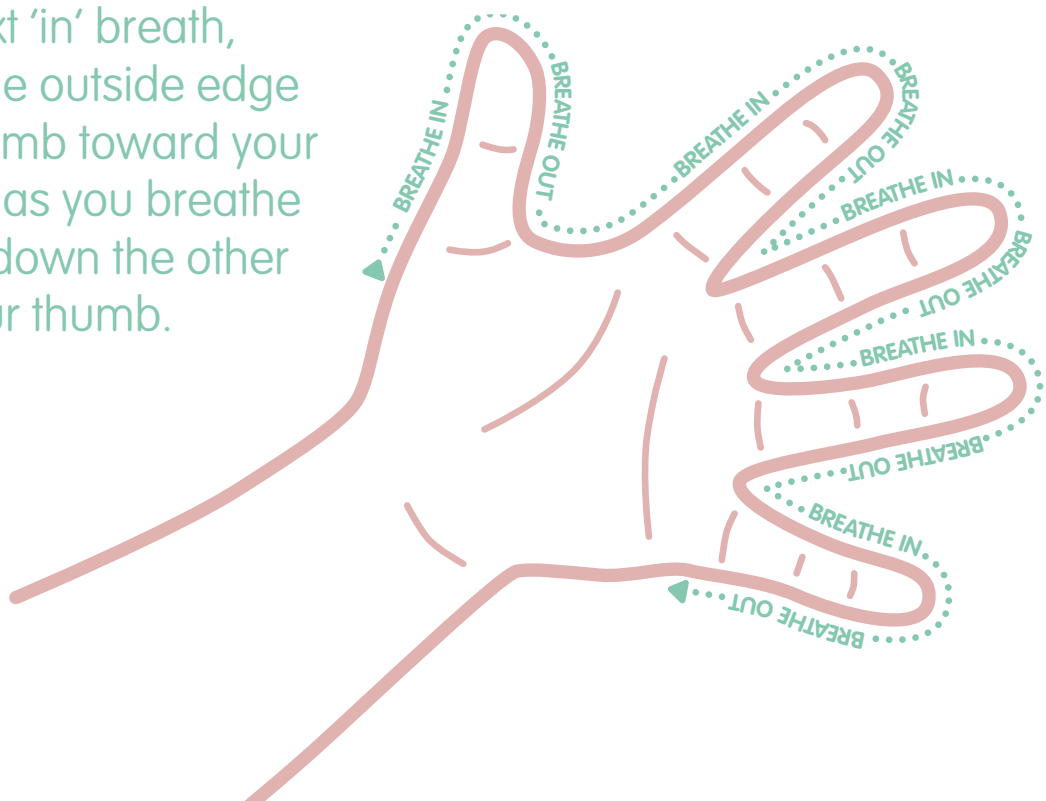
If you like, close your eyes or if you would prefer just look at your lap.

Focus on your breath, in and out, in and out. Breathe normally.

Now hold out a hand in front of you and spread your fingers wide.

Starting with your thumb, we are going to trace around your fingers using the index or pointing finger on your other hand.

On the next 'in' breath, trace up the outside edge of your thumb toward your thumb tip, as you breathe out move down the other side of your thumb.



Now, breathe in and trace up your next finger, out and down the other side.

Carry on like this and trace your whole hand, in and out.

When you get to your little finger, repeat this again.

As you breathe out and trace down into the gaps in between your fingers imagine your whole body relaxing, In and out, in and out.

Trace your hand another 3 times now in time with your own breath.

When you are ready, open your eyes.

How do you feel now?

We'd love to see photos of the activities in action! Why not share your pictures at:

