

Calming Hands

- Hold both hands up in front of you or place on a surface (table, lap).
- Imagine your fingers are numbered 1-10, beginning with the left pinky.
- Count ONE, inhale + exhale. Count TWO, inhale + exhale.
- Repeat with remaining fingers.
- Try this with a buddy (touch palms together).

Mounted Calming Hands: Trace both hands on paper and label each finger from 1-10. Decorations encouraged. Then, mount on any surface to practice daily and as needed.

Benefits: Calms, relaxes, connects.

