



# BREATHING



Video Instructions Scan Here

<https://youtu.be/BxtxNCdTEHs>



1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly – slide down the other side.
4. Breathe in through your nose – out through your mouth.
5. Put it all together and breathe in as you slide up and breathe out as you slide down. Continue on until you have traced your hand.