

Hand Breathing

Hand Breathing is a simple way to help children slow their breathing and calm their bodies. Invite students to trace around their hand with one finger, breathe in as they trace up each finger and breathe out as they trace down. Repeat 2–5 times or until breathing becomes slower and more relaxed..

Teacher Tip:

Model hand breathing alongside your students rather than simply telling them to "take a deep breath." Slowly trace around your own hand with one finger, breathing in as you go up each finger and out as you go down. Your calm pace helps children match their breathing to yours.

HAND BREATHING

Trace the hand with your finger –
when going up breathe in, when going down breathe out.

