



High 5 breathing



- Try holding up your right hand with your palm towards you.
- Then starting at the bottom left edge of your hand, with a finger from your left hand, you slowly bring your finger up to the top of your little finger, while doing this you take a long breath in.
- Then you breathe out slowly while bringing your finger to the bottom of your next finger.
- Keep doing this until you get to the bottom of your thumb. Do this for a couple of minutes or until you feel better.