

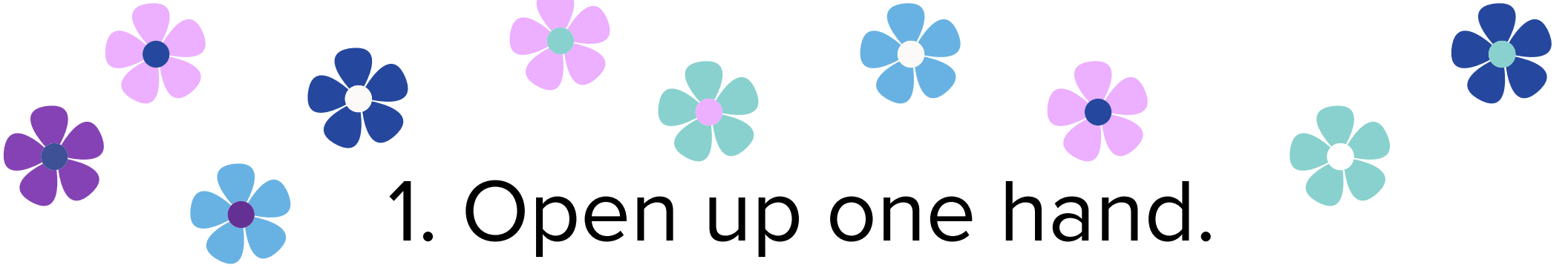
**A MOMENT OF
MINDFULNESS
FOR ALL**

**EASY
BREATHING
PRACTICE**

**FOR KIDS &
ADULTS**



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1. Open up one hand.

2. With a finger on your other hand, start at your thumb, trace the edges of each finger of your open hand.

3. INHALE when tracing up a finger.

4. EXHALE when going down.

5. When you reach your pinkie finger, trace back to your thumb.

6. REPEAT.





Tip for doing
this with kids:



On the inhale say: smell the
flowers.



On the exhale say: blow out
the candles



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