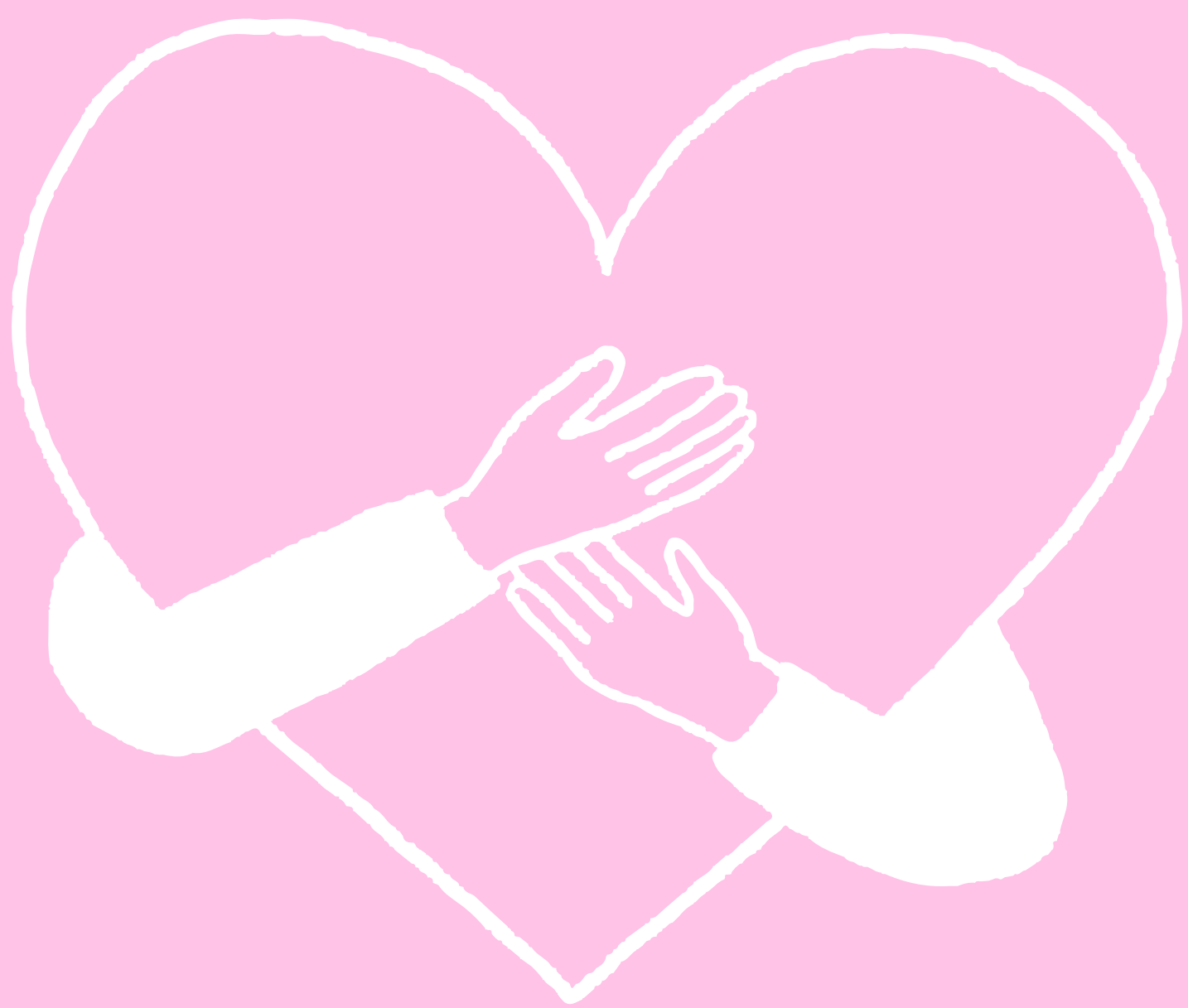




THE BUTTERFLY HUG

Cross your hands and arms over your chest into an “X” and tap your fingertips against your chest. Alternate hands to mimic a rhythm.



FINGER TRACING

Pick a hand and begin tracing your fingers using your opposing index finger as the arrows indicate.



5-5-5 METHOD



Inhale for 5 seconds

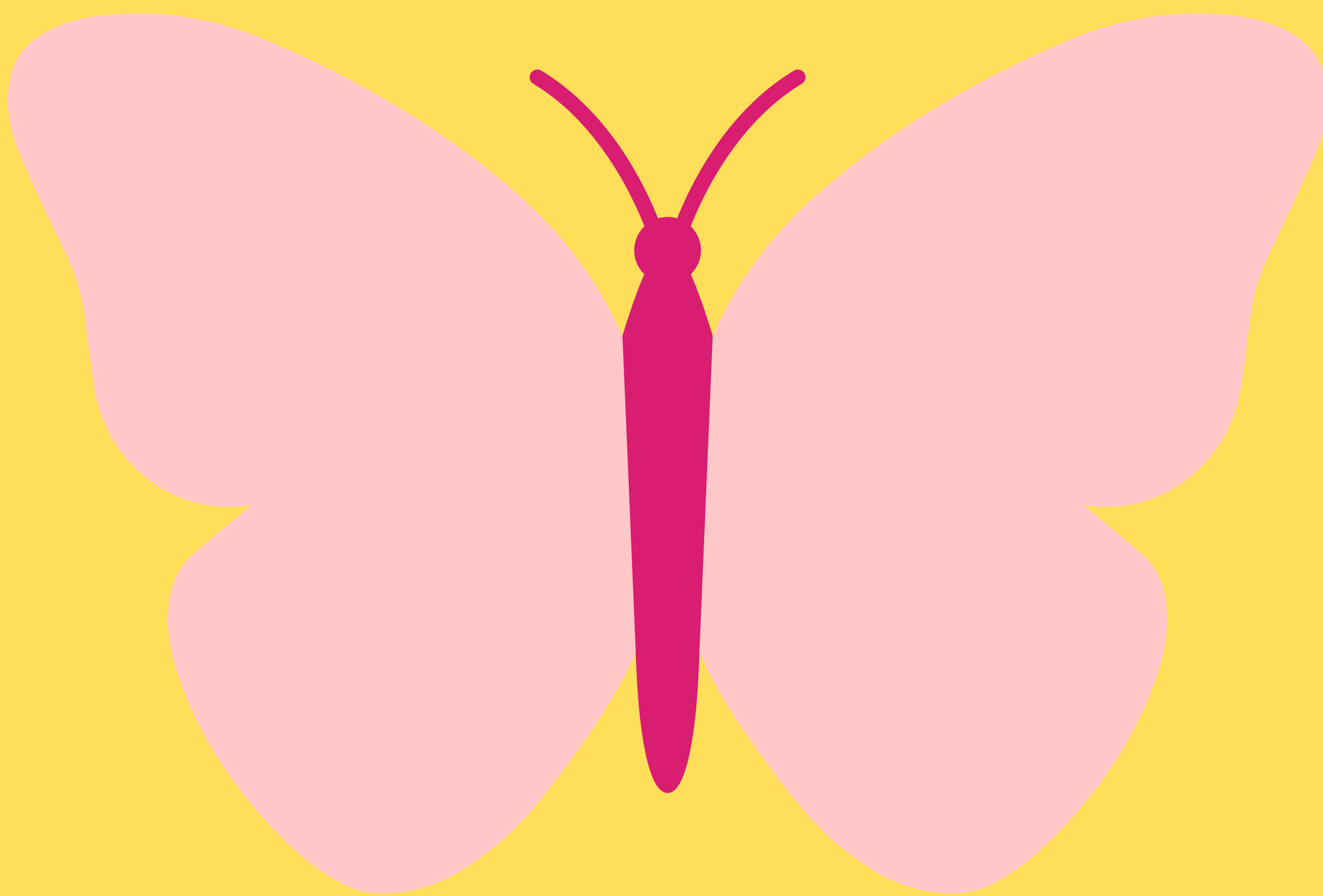
Hold for 5 seconds



Exhale for 5 seconds



BUTTERFLY BREATHING



Take a deep breath in as you spread out
your arms (wings).

Let out your breath as you close your
arms (wings).

CUPCAKE BREATHING



Take a deep breath in and
smell the frosting, then blow
out the candle!

FLOWER BREATHING



Imagine smelling a flower. Take a deep
breath in and hold it.

Let out your breath and repeat it as
many times as you need.