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healthy

Lesson 3: Take Four Calm Breaths - Finger Count Breathing

- A calm breath is a slow, easy breath that feels relaxing.
- When you take calm breaths on purpose, it calms your mind.

Taking four calm breaths is a skill you can practice every day. It helps you:

- stay calmer when things go wrong
- be steady and ready for challenges
- pay attention and focus better

Here's how to use your fingers to count four calm breaths.

Try this sitting down. You can close your eyes or keep them open. Let your breaths be slow, easy, and relaxed. Let your counting hand be relaxed. You can rest it in your lap or on your leg.



FIRST

Touch the tip of your first finger to the tip of your thumb. Breathe in, nice and slow. Breathe out, nice and slow. Count to yourself, "that's one."



SECOND

Touch the tip of your middle finger to the tip of your thumb. Breathe in, nice and slow. Breathe out, nice and slow. Say to yourself, "that's two."



THIRD

Touch the tip of your fourth finger to the tip of your thumb. Breathe in, nice and slow. Breathe out, nice and slow. Say to yourself, "that's three."



FOURTH

Touch the tip of your pinky to the tip of your thumb. Breathe in, nice and slow. Breathe out, nice and slow. Say to yourself, "that's four."

That's it! Now, if you want to, you can count four more.