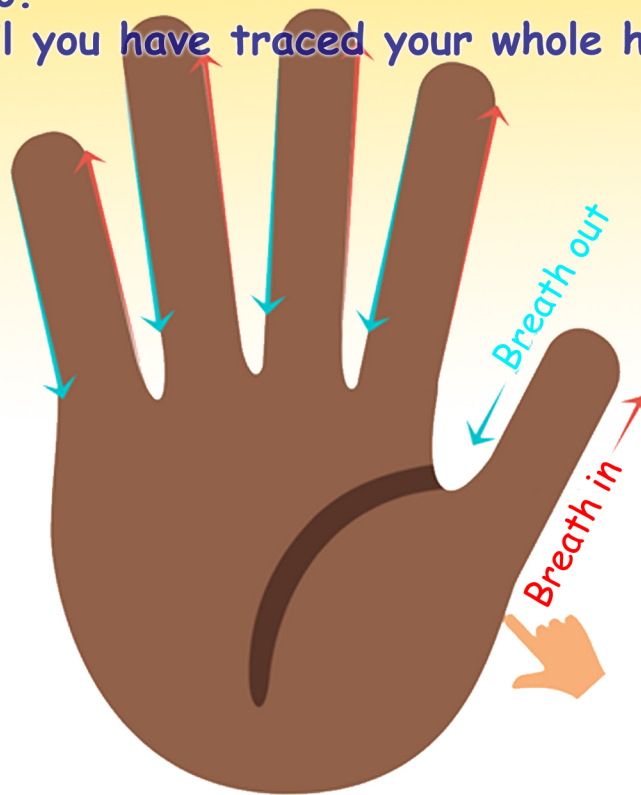


ROLLERCOASTER BREATH

1. Spread out your fingers like a star, leaving space between each finger.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly-slide down the other side.
4. Breathe in through your nose- out through your mouth.
5. Put it together slide up each finger slowly onto the top of the roller coaster for the count of two, then hold at the top for two then slide the finger down the other side of the roller coaster for two.
Keep going until you have traced your whole hand.



How do you feel now?

Are you calm or would you like to take another 5 breaths?