**FINGER BREATHING**

Finger breathing is something you can use anytime you feel that you would like to find your still quiet space within… When there is disappointment, sadness, anger, over-the-top excitement, lonely, nervous, worried… anything at all really. Maybe you are having a hard time to get to sleep— you can use finger breathing to help you relax and settle into a good night’s rest.

All you need to do is breathe in going up the finger, and breathe out when going down the finger.

***Big breath in,***

***Big breath out***

***Take your time!***

***No rush!***

***Make your in-breath the same length as your out-breath.***

