

# Mindfulness breathing exercise

Feeling stressed or anxious? Try this simple trick to focus your attention, hands and breathing, and bring back some calm.

**Tip:** Stretch those fingers out wide and trace slowly!

**Steps:**

1. Put your hand on the stencil, and trace your thumb - breathe in as you get to the top of your finger, breathe out as you get to the other side.
2. Keep tracing your fingers until you get to the pinky - remember to breathe in and out!
3. How are you feeling? If you need to, start again.

