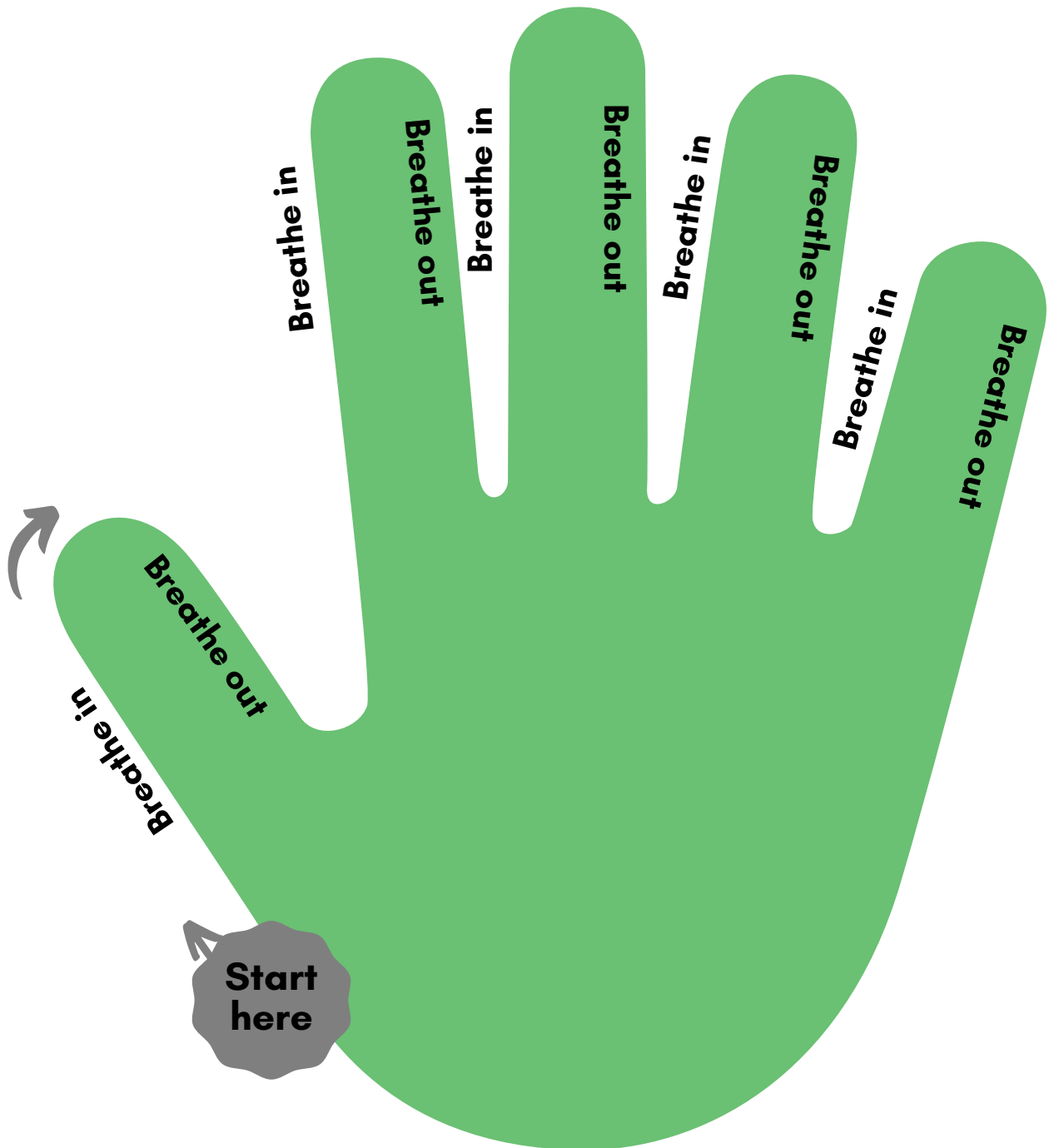


CALM YOURSELF WITH A
5 FINGER BREATHING
BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down.
You can also do this breathing exercise using your own hand.