

Cumbria County Council

## What can I do today?



This week it is ...mindful breathing

### Saturday

#### Take 5

- Find a comfortable place to sit with your child.
- You and your child hold up one hand in front of you.
- Breathe in through your nose, as you breathe out through your mouth, gently blow one finger at a time. Like you are blowing out a candle.
- As you blow on your finger, fold that finger down towards the palm of your hand.
- Continue taking a breath in through your nose and blowing out through your mouth, until all your fingers have been blown down.
- You could continue this with the other hand.