



For deep breathing!

When we are anxious, upset, or angry, sometimes our breathing becomes shallow, and our body begins to tense. We can help tell our brains to relax by taking deep breaths. To make it easier to remember how long to breathe in and out as well as how many we take, remember to give yourself a Hi Five! 5 seconds in, 5 seconds hold, 5 seconds out, 5 times. Ready? Let's go. Now let's fill our lungs and blow out those imaginary birthday candles!

Get comfortable. You may want to close your eyes.

Inhale for **5** seconds. Fill your lungs up as much as possible.

Hold for **5** seconds.

Exhale for **5** seconds.

Repeat **5** times.



Tips: Practice when you are calm, so you don't have to think about what to do when you are upset.

You may have to take more breaths, but start with 5 and see how you feel.