**Wednesday’s Well-being journal**

Write down 3 things that you are good at

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**Five finger breathing**

Make sure you’re sitting up straight with a nice, long spine. Breathing in and out through our nose only; quietly, slowly and as relaxed as we can.

Place your right elbow on your desk or knee, with your palm facing you.

Take the index finger of your left hand and place it on the bottom of where your little finger starts on the right hand.

Moving your left finger up your right little finger, breathe in.

Pause at the top for a few seconds, holding your breath.

Move your left finger down your right little and breathe out.

Repeat this with all fingers.

When one hand is complete, switch hands and the repeat activity above.

You should have completed 10 deep and focused breaths, in and out.

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You can also watch a video about five finger breathing by clicking on the link below.

<https://www.youtube.com/watch?v=HQVZgpyVQ78&safe=active>

