

W4C Take 5 Body Scan

- 1. Sit or lie comfortably, and close your eyes.**
- 2. When you are ready, take a deep breath in through your nose, for four counts.**
- 3. Breathe out through your mouth for four counts.**
- 4. As you take another deep breath in and out, slowly check in with your body. Focus on each of your body parts, and how they are feeling, starting with your toes and moving all the way up to your face. Just check in - don't judge anything as good or bad.**
- 5. When you are done, take three more deep, slow breaths in and out.**
- 6. When you are ready, slowly open your eyes. Take a moment to notice how the Take 5 Body Scan made you feel.**

