

# Take 5



**Breathing exercises are a useful tool, that can help us to calm down, focus, and relax. When we are calm, we feel better, are healthier, and can make better choices about we say and do.**

- 1. Sit 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. Take three more deep, slow breaths in and out.**
- 5. When you are ready, slowly open your eyes. Take a moment to notice how the Take 5 made you feel.**

**Remember, you can do the Take 5 whenever and wherever you need to, to help you and your friends and family to feel calm and strong!**