

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. Gara zvakanaka, uyevhara maziso ako.**
- 2. Paunenge wagadzirira, tora mweya wakadzika mukati memhino dzako, kune mana ekuverenga.**
- 3. Femera kunze kwemuromo wako kune zvikamu zvina.**
- 4. Tora mamwe matatu akadzika, wononokera kufema mukati nekubuda.**
- 5. Paunenge wagadzirira, zvishoma nezvishoma vhura maziso ako. Tora kanguva kuti uone maitirwo aakaitwa naTora 5.**

Rangarira, iwe unogona kutora Take 5 chero kupi kana kupi kwaunoda, kuti ubatsire iwe neshamwari dzako uye mhuri kuti unzwe kugadzikana uye kusimba uye kuve emufaro!