



# **THE BUTTERFLY**

## **HUG**



Cross your hands and arms over your chest into an “X” and tap your fingertips against your chest. Alternate hands to mimic a rhythm.

# FINGER TRACING

Pick a hand  
and begin  
tracing your  
fingers using  
your  
opposing  
index finger  
as the  
arrows  
indicate.



# **5-5-5 METHOD**



**Inhale for 5 seconds**

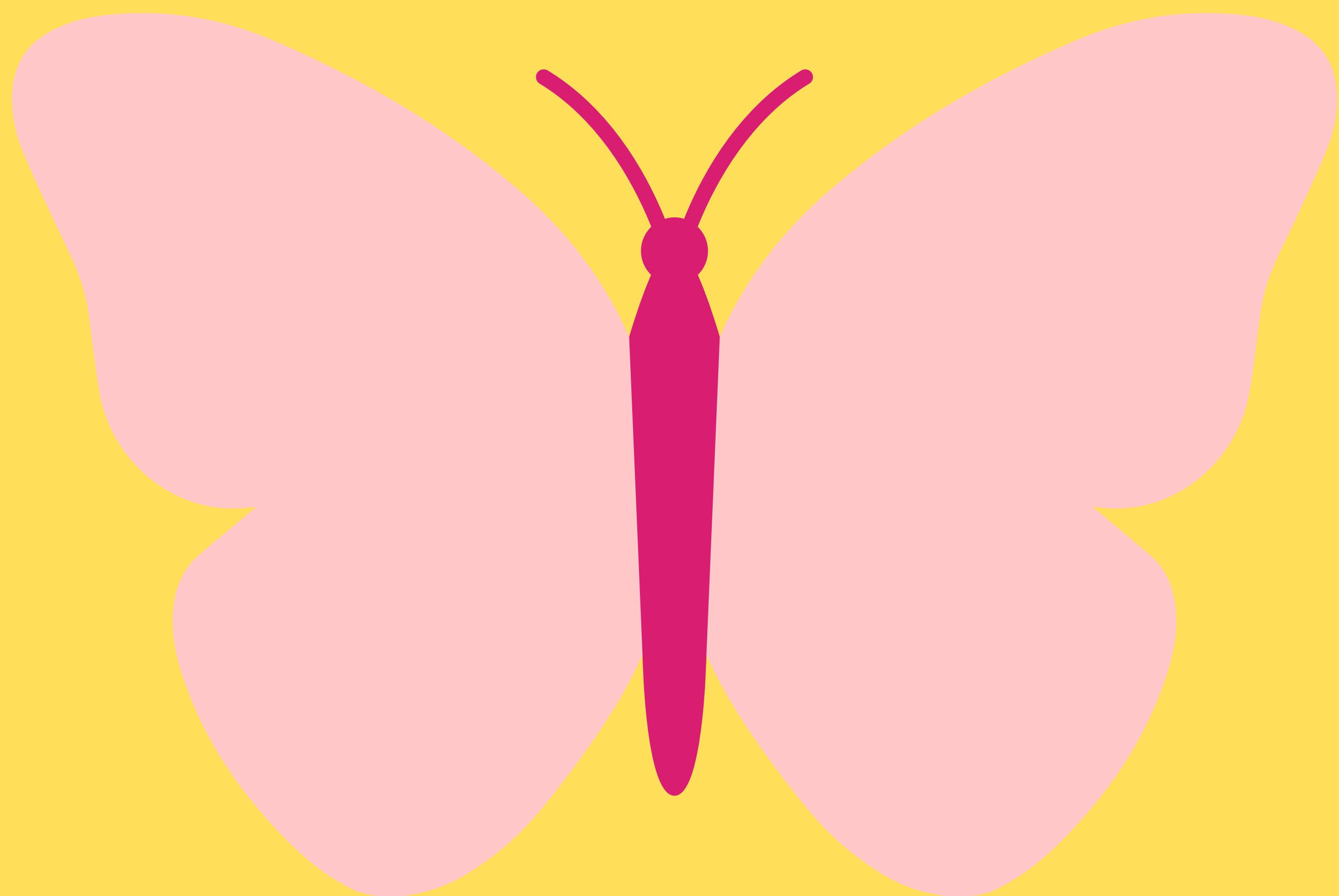


**Hold for 5 seconds**



**Exhale for 5 seconds**

# BUTTERFLY BREATHING



Take a deep breath in as you spread out  
your arms (wings).

Let out your breath as you close your  
arms (wings).

# CUPCAKE BREATHING



Take a deep breath in and  
smell the frosting, then blow  
out the candle!

# FLOWER BREATHING



Imagine smelling a flower. Take a deep breath in and hold it.

Let out your breath and repeat it as many times as you need.