

Roller Coaster Breathing



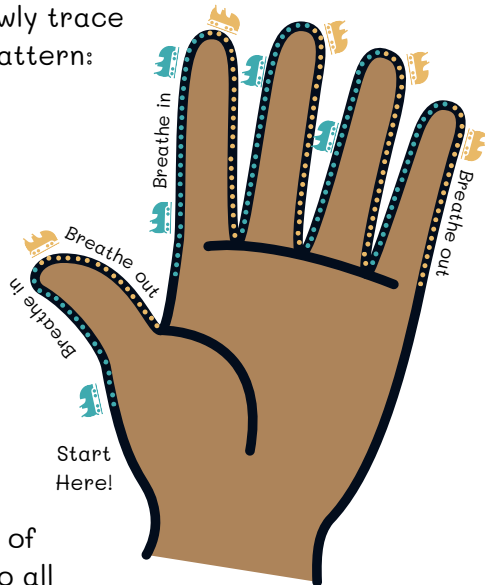
Feeling frustrated or upset? Take a ride in a roller coaster to breathe deeply and reset.

1 Open one hand with your fingers wide apart.

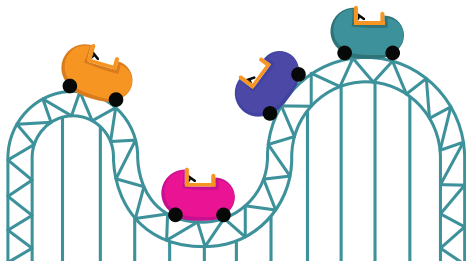
2 Use your pointer finger on the other hand to slowly trace the palm in this pattern:

Breathe in + slide your finger **up** one side of your finger.

Breathe out + slide your finger **down** the other side of your finger.



3 Start at the base of your thumb and go all the way to your pinky finger and back!



Roller Coaster Breathing



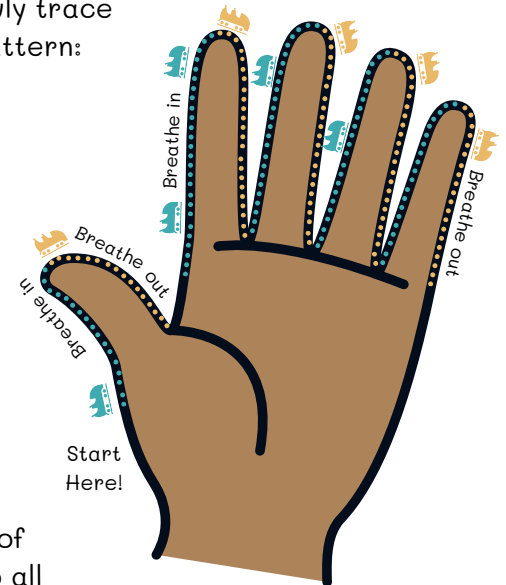
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