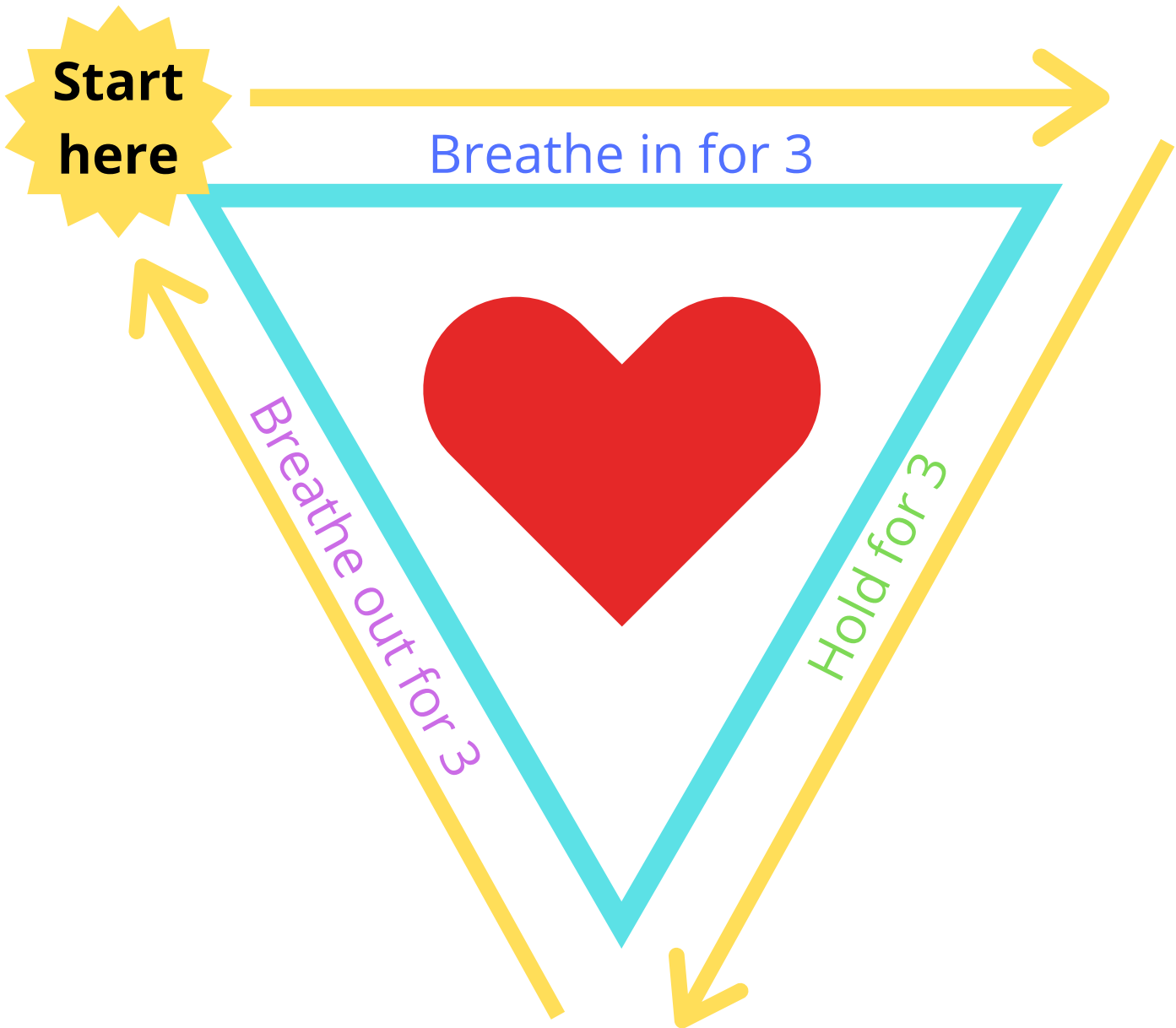




# Triangle Breathing

Mindfulness

Sometimes when we have a lot of feelings we can feel stressed. Our heart might beat very fast and we might breathe quickly, even when we are at rest. Practicing mindfulness by taking deep breaths and focusing on our breathing can help us to feel better. Try this breathing exercise to help you relax and feel calm.



## Instructions:

- Place your finger at the top left of the triangle.
- Trace your finger across the line as you breathe in while counting to 3 in your head.
- Then hold this breath for 3 counts as you trace your finger down the line.
- Breathe out for 3 as you trace your finger up the line.
- Repeat until you feel relaxed.



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