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## Use this helpful technique to calm down :)

### 1. Spread your fingers wide on your hand so it looks like a bit like a star

1. **Use your pointing finger from your other hand to trace those fingers up and down.**
2. **Breath in as you slide your finger up & breath out as your slide your finger down the other side**

## 4.​ Do this breathing until you’ve traced your whole hand :)​

**You could even make your own Helpful Hand Breathing poster to help your remember to do this!**