

Our Toolbox (so far)!

1. **Three slow, deep breaths**
 - a. Breathe in through your nose to the count of 3
 - b. then slowly let it out through your mouth to the count of 3

2. **Rainbow Breath: Three slow, deep breaths with arm movements**
 - a. Breathe in through your nose to the count of 3 while slowly raising your arms up, palms up, until they are over your head
 - b. Then let it out through your mouth to the count of 3 while slowly pushing your palms down until your arms reach your side
 - c. Repeat two more times

3. **Finger breathing**
 - a. Hold up your nondominant hand, fingers spread
 - b. With the index finger of your dominant hand, starting at the base of your thumb, trace your hand slowly breathing in through your nose when traveling up and out through your mouth when traveling down

4. **Magic 10**
 - a. Take a deep breath in through your nose and let it out through your mouth
 - b. Slowly count backward from 10 to 1
 - c. Take a deep breath in through your nose and let in out through your mouth

5. **Palming**
 - a. Take your glasses off, real or imaginary
 - b. Take a deep breath in through your nose and let it out through your mouth
 - c. Put your hands together and slowly begin to rub, getting faster with the count of three
 - d. On the count of three, put your palms over your eyes, wrap your fingers over your head, bring your elbows to your chest
 - e. Take a deep breath in through your nose and let it out through your mouth
 - f. Release on the backward count of three

6. **Positive thoughts...gather, think, speak and feel**
 - a. Arms by your side, palms out
 - b. Breathe in slowly and gather up positive thoughts (palms come together above your head)
 - c. Bring hands to your forehead (think positive thoughts); breathe in slowly through your nose and exhale through your mouth
 - d. Bring hands to your mouth (say positive thoughts); breathe in slowly through your nose and exhale through your mouth
 - e. Bring hands to your heart (feel positive thoughts); breathe in slowly through your nose and exhale through your mouth
 - f. Return hands to your side; breathe in and out

7. **The Chillax Breath**
 - a. Place hands on tummy
 - b. Feel the ground underneath your feet (sitting/standing)
 - c. Breathe in through nose for 2; hold for 4; breathe out for 6
 - d. Take a couple of deep breaths
 - e. Repeat