

Finger Breathing

Encourage your child to follow along to this video, where Barnardos Project Worker Stephanie demonstrates how to do a simple mindful breathing exercise just using your hand.

Finger breathing can slow our breathing down and make us feel calm. Ask your child how they feel after?

Recommended ages 6+

<https://www.youtube.com/watch?v=mfYIRt3zeKE&t=21s>