

Take 5

Practice Description: Take 5 is an easy exercise that can be used at any time without any instruction from an adult. It provides a purposeful pause of 5 breaths to allow our strong emotions or feelings to pass.

Age Group: K4-5

Welcome to the Take 5 exercise.
Take 5 is an easy exercise that can be used at any time without any instruction from an adult, once you learn how to do it. It provides a purposeful pause of 5 breaths to allow any emotions or feelings to settle or pass.
Let's start by getting into a mindful position, on the floor or in your chair. Sit with a long, strong back and allow your hands to rest in your lap.
Take a few slow, easy breaths as you bring kind and gentle attention to yourself.
You will be tracing the outside of each finger as you breathe in and out.
Gently hold up one hand with all five fingers straight and pointing upwards.
Starting at the base of your thumb, use the pointer finger of the other hand to gently trace up the side of your thumb to the nail as you breathe in.
Then trace down your thumb towards the web as you breathe out. Feel the tickle.
Continue tracing up the side of your 1st finger as you breathe in. You may think to yourself, "breathing in."
"Breathing out."
Breathe in and out as you trace up and down each finger, allowing your breath to be natural and slow.
Take 5 breaths as you trace up and down each finger. When you are done, sit quietly until you hear the chime, or Take 5 more breaths.
<i>Pause for 30 seconds</i>
<i>Chime sound</i>
Take 5 can help with letting emotions settle or pass. Once you know it well, you'll be ready wherever and whenever you need to calm yourself down.