

# Five Finger Breathing or Mountain Breathing

Five finger breathing is a simple breathing activity that involves tracing around your fingers as you slowly breath in and out. This activity is also known as mountain breathing if we imagine that our fingers are like five mountains. Focusing on our breathing like this can be calming and focussing.

Students might like to trace around the hand diagram below with a finger, or they may like to trace around it with a coloured pencil or texta. Another option is for students to trace around their own stretched out hand on a piece of paper as a template for this activity.



We can take this activity with us everywhere we go. All we need to do is stretch out the fingers on one hand and use a finger from the other hand to trace around the fingers on our stretched-out hand. Breathe in and out slowly as you travel over your personal finger mountains. Feel calmer and more focussed as you do.