

Take 5

Recommended for grades:

K4 – 8th grade

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.

Transcript:

Welcome to the Take 5 exercise.

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. 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 as you breathe out.

You may think to yourself, "breathing in." "Breathing out" as you trace up and down each finger, allowing your breath to be natural and slow.

- *Pause for 30 seconds*

Take 5 can help with letting emotions settle or pass.