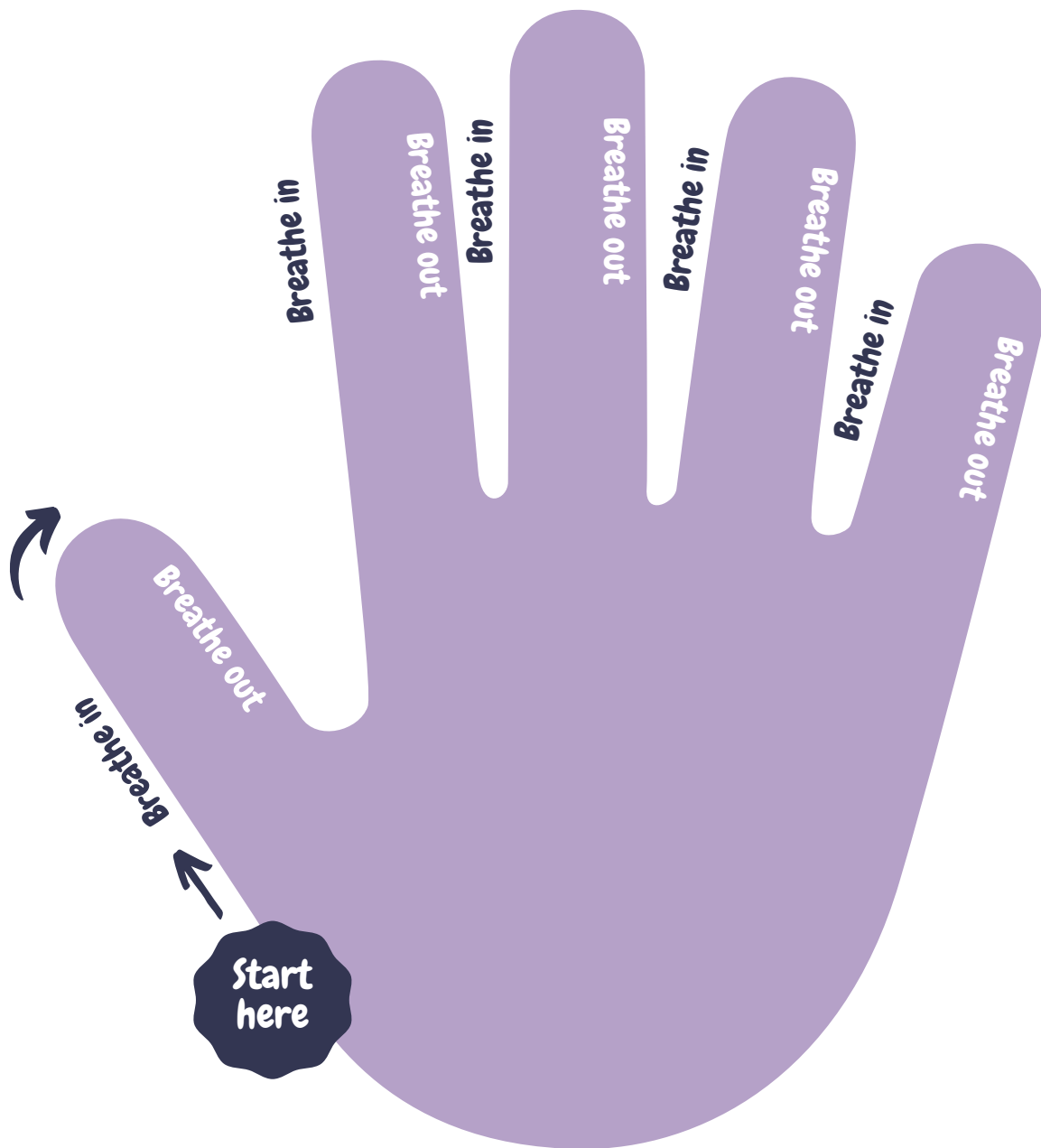


CALM YOURSELF WITH A  
**5 FINGER BREATHING**  
BRAIN BREAK



Slowly trace the outside of the hand with your index finger, breathing slowly in when you trace up a finger and breathing slowly out when you trace down. You can also do this breathing exercise using your own hand if you don't have a printer.