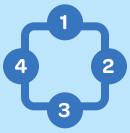
Box breathing



WHEN TO USE

When you need to slow down.

1. Breathe in for four.
2. Hold your breath for four.
3. Gently breathe out for four.
4. Hold for four.
5. Go round the square three times.

Slow and steady.

YouHue

5-4-3-2-1 grounding

5 4 3 2 1

WHEN TO USE

When feelings get big.

5 things you can see.

4 things you can feel.

3 things you can hear.

2 things you can smell.

1 thing you can taste.

Then one slow breath in, and out.

You are here, in this moment.

YouHue

Brain break

WHEN TO USE

When your focus is fading.

1. Right hand to left knee, then left hand to right knee. Keep going for four more.
2. Reach up high, then touch your toes. Three more times.
3. Hands on hips, twist side to side. Four more twists.
4. Jumping jacks: out and in, then four more.
5. Stand tall. Breathe in through your nose, out through your mouth. One more time.

Brain refreshed.

YouHue

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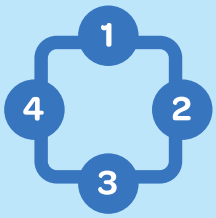

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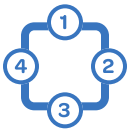

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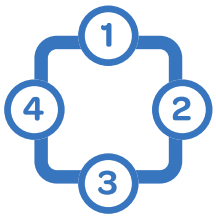

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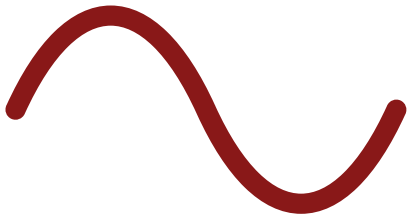

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