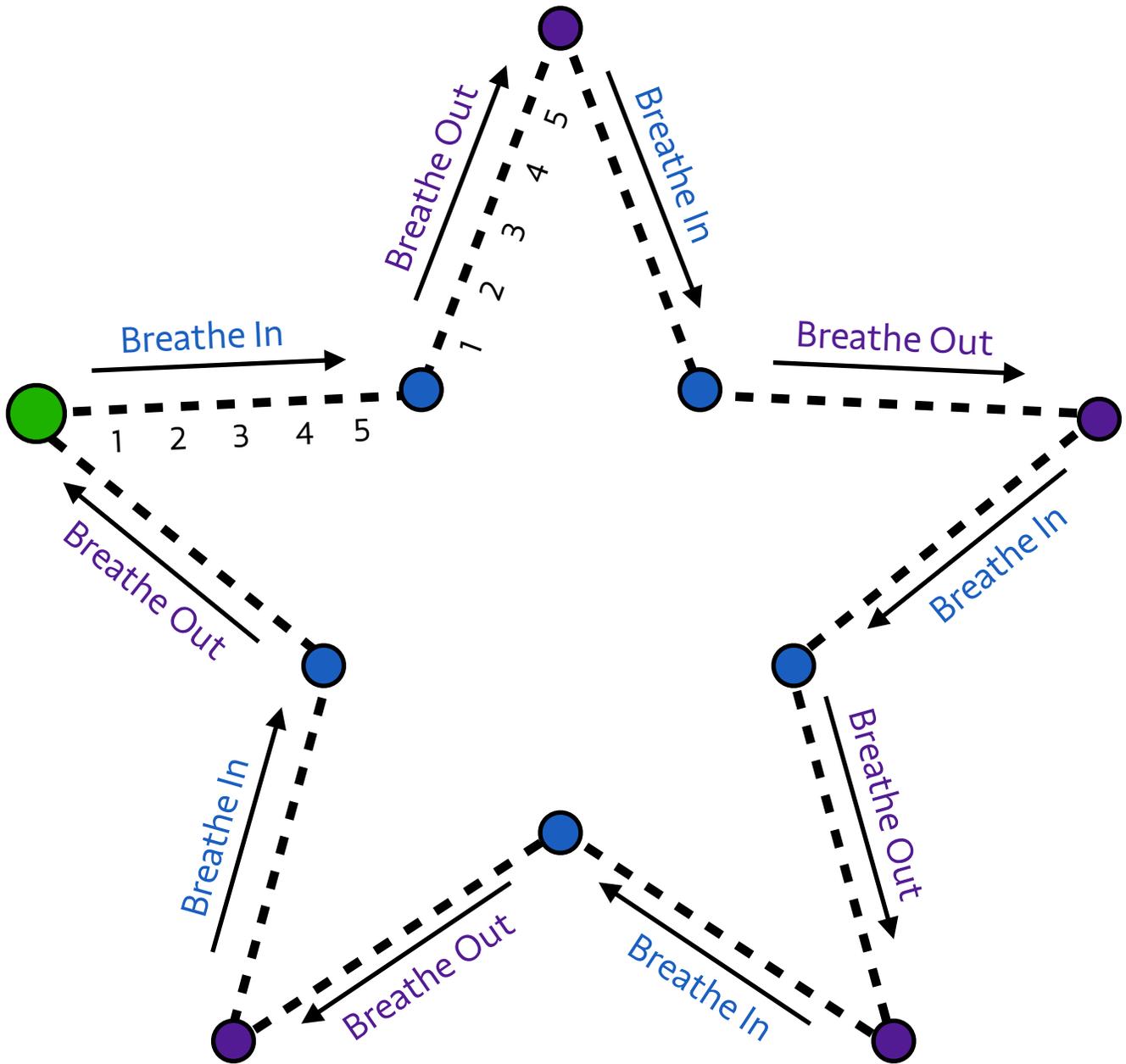


STAR Breathing

5 breaths



Place your finger at one of the points. Breathe in slowly while tracing your finger towards the center of the star. Once you reach the center, pause. Then breathe out slowly again while tracing out to the next point on the star. Each breath in or out should take about five seconds. A teacher or classmate can count from one to five to help with the timing. Encourage students to breathe deeply and with their belly as they become more experienced with the exercise.