

# Breathing Tools for Kids

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## Praying Hands\*

Praying Hands allows you to calm your body and mind by focusing on the movement of your hands and your breathing, instead of the chaos around you. This tool can be used when you are feeling upset or scared.

### Instructions

- 1.** Press the palms of your hands together in front of your chest by your belly button.
- 2.** Inhale as you reach your hands up over your head, keep your palms pressed together.
- 3.** Exhale and bring your hands back down to your chest.
- 4.** Inhale and bring your hands forward, in front of you.
- 5.** Exhale and bring your hands back to your chest.
- 6.** Repeat.

