

Hello St. Agatha Community,

I hope everyone is keeping well and staying safe.

Starting this week and for the next few weeks our calming activity will be to focus on deep breathing strategies. See below you will find a template for you to follow. You can either trace your hand on a blank sheet of paper or hold your hand out stretched opened. You will then guide your pointer finger with your other hand and use it as if you were tracing with a pencil and start with the outer part of your hand starting with your thumb move up and down pausing when you reach your other finger and so forth till you complete tracing all your fingers. You will take a breath in and out as you trace your fingers moving up and down. There is also a video link provided as a helpful guide.

Keep calm and peace will follow.



Deep breathing using your hand strategy video example.

<https://www.youtube.com/watch?v=sh79w9pn9Cg>