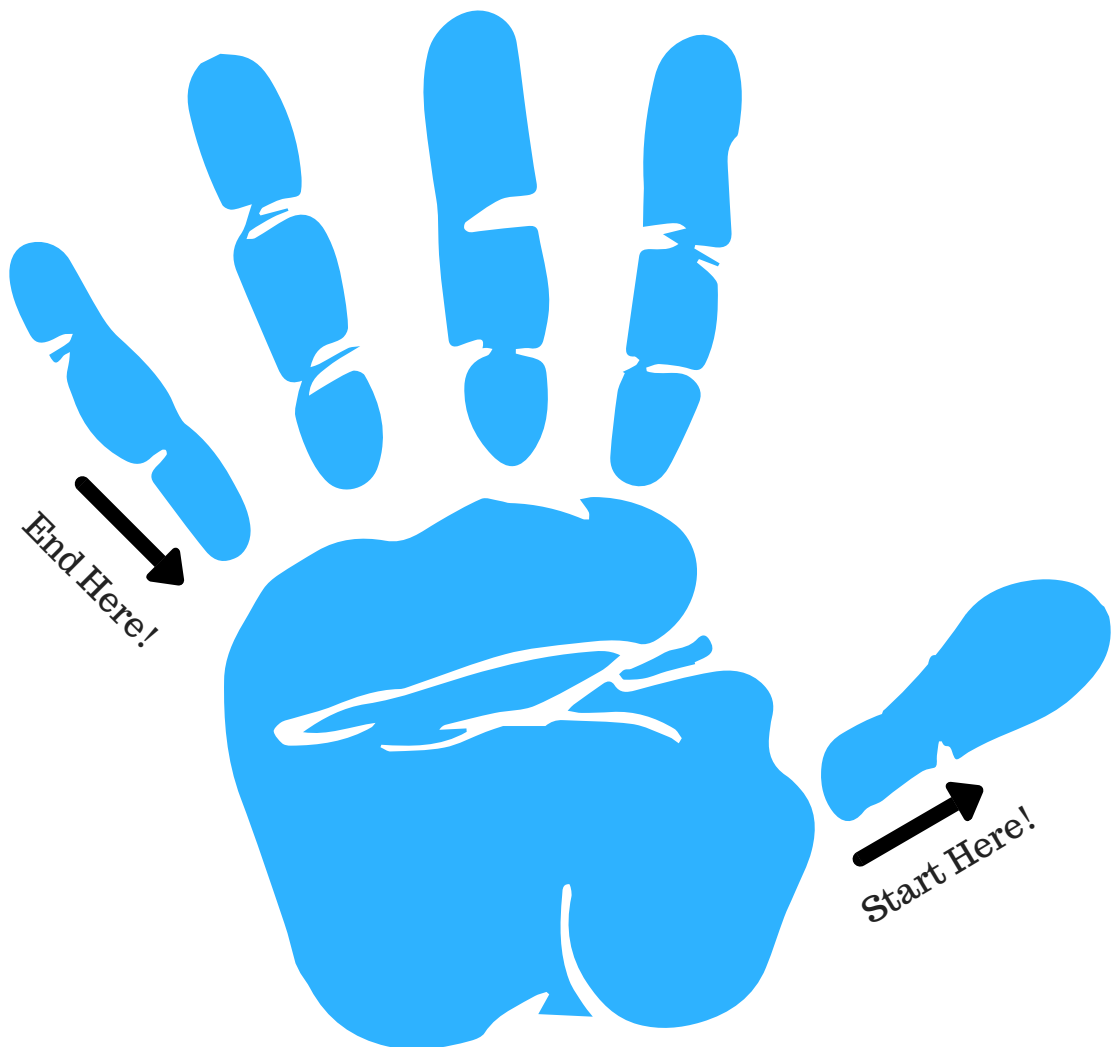




Starfish

BREATHING

Students: slowly trace the outline of your hand. Inhale in your nose at the base of your thumb, pause at the top, and exhale out of your mouth as you trace down the other side of your thumb. Continue around each finger, following with your breath, until you end at the base of your pinkie finger.



Adapted from the "Five Finger Meditation" in *Planting Seeds: Practicing Mindfulness with Children* (2011) by Thích Nhất Hạnh and the Plum Village Community with permission of Parallax Press, Berkeley, CA (www.parallax.org)

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