

MtM Session – Finger Breathing¹

Breathing is nature’s way of saying we belong here.

For this exercise hold out your non-dominant hand and, with your other hand’s pointer finger, trace around each non-dominant hand’s finger – including the thumb. Each time you trace upward, breathe in; each time you trace downward, breathe out. By the time you have done the whole left hand you have taken five focused breaths, then trace in reverse and make it ten.

There is no need to force your breath. Breathe normally.

You can reverse hands.

This practice can be done discretely by placing your hands in your lap and tracing and breathing anytime of the day. This will help you to focus, come back to the moment, or relax.

¹ Paraphrased from - Lions Roar, September 2016 pages 54-55: *Teaching Mindfulness to Young People* by BORN I MUSIC (OFosu Jones-Quartey).