



## Game Details

➤ **Equipment Needed:** none needed

➤ **Skills:** Mindfulness

➤ **Grades:** K-3

➤ **Game Type:** Any, Cool Down

## How to Play

This is a cool-down activity for the end of a lesson plan, or for a transition to another activity. Have kids sit comfortably in a circle and hold up one of their hands, like a “high five”. Kids can trace their opposite finger up and down their hand, breathing in as they go up and out as they go down. Once through one hand, switch to the other. Encourage kids to go slowly and to slow down their breathing.

## Modifications



This activity can be done for as long as needed – to extend the activity have kids go over their fingers and all the way back again.