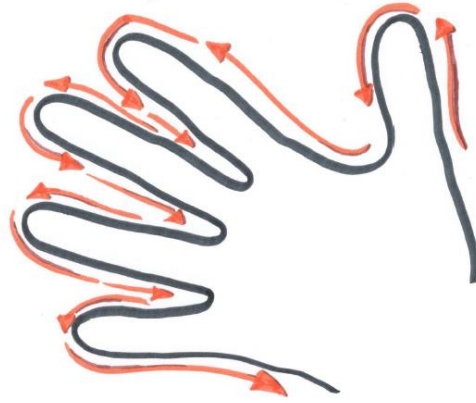




Starfish Breathing

Hello children, today we try a new breathing exercise – Starfish Breathing Exercise!



Let 's get started

1. Stretch one hand open like a starfish.
2. If you are right-handed, stretch your left hand.
3. If you are left-handed, stretch your right hand.
4. Trace the outline of the stretched-out, starfish hand with your other hand.
5. Focus on your breathing as you trace your hand.
6. When you trace up a finger, breathe in deeply through your nose.
7. As you trace down a finger, breathe out of your mouth.
8. Make sure you trace all your fingers outlining the entire starfish!

Please circle or write down your answer.

How do you feel after the exercise?

RELAXED / CALM / EXCITED /
HAPPY / ENERGETIC /
SATISFIED / TIRED / BORED
OTHER _____

Starfish breathing really helps if you are feeling stressed and need to calm down. You can do this anytime, anywhere: as you wake up in the morning, taking the bus, queueing or taking shower! We hope you find it useful.

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