

# Figure Eight Breathing Exercise

General Instructions: Take a deep breath in... and let it out. Follow Finn's glowing figure-eight path to practice mindful breathing together!

How to Use:

1. Start at the center where the loops cross.
2. Breathe in slowly as you trace one side of the figure-eight.
3. Exhale gently as you follow the other side back to the center.
4. Repeat as needed for relaxation and focus.
5. Make it interactive! A friend or adult can trace the other loop at the same time.

Practicing this for a few minutes, three times a day, has been shown to help reduce anxiety in both children and adults.

Breathe in, breathe out, and let Finn guide you to calm.

