



Nebraska Association  
for Infant Mental Health

Stretch out your hand like a star.

Take your pointer finger from your other hand.

Now, start at the bottom of your thumb and take your pointer finger and trace up your thumb as you slowly breathe in through your mouth, filling up your stomach like a balloon.

When you get to the top of your thumb, breathe out slowly through your nose.

Repeat breathing in and out this way until you finish tracing your whole hand.

What do you notice about your body?  
How do you feel?

