Roller Coaster Breathing

Feeling frustrated or upset? Take a ride in a roller coaster to breathe deeply and reset.

1. Open one hand with your fingers wide apart.

2. Use your pointer finger on the other hand to slowly trace the palm in this pattern:
   - **Breathe in** + slide your finger **up** one side of your finger.
   - **Breathe out** + slide your finger **down** the other side of your finger.

3. Start at the base of your thumb and go all the way to your pinky finger and back!