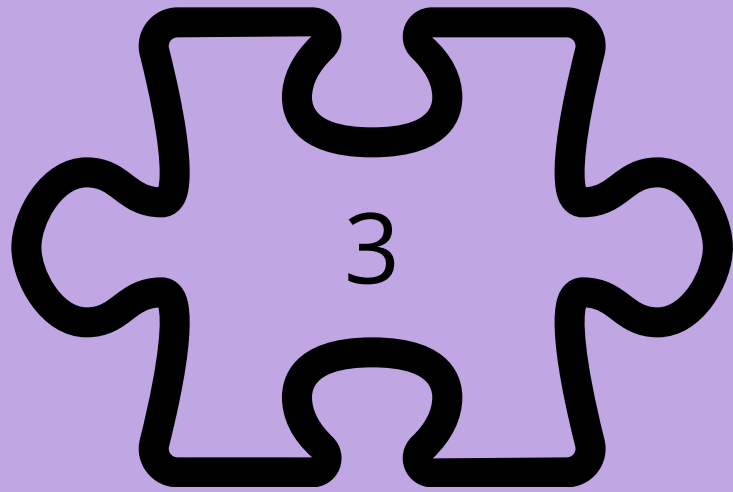
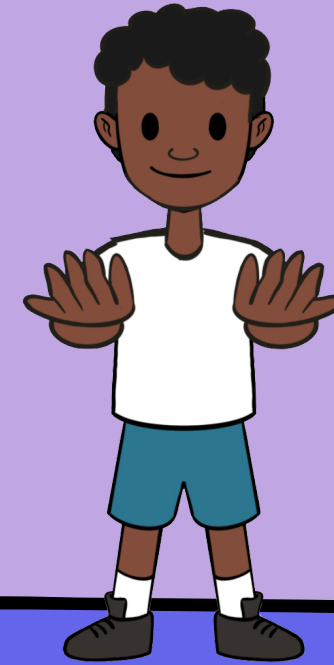


SELF-CARE



Hand Breath



Get Set 4
Education

- Close your mouth and breathe in and out through your nose.
- Hold out your left hand.
- With the index finger of your other hand trace the fingers of your left hand.
- Breathe in as you trace up a finger, breathe out as you trace down a finger.
- Continue a few times through all fingers.
- Colour in one of your #3 puzzle pieces.
- Tweet how you are getting on @GetSet4Ed

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