



Starfish Breathing

Let's pretend one of your hands is a starfish. You can be a brown, green, purple, red or rainbow starfish, whatever colour you want to be. The fingers on that hand are the points of your starfish; they help your starfish move.

Using a finger from your other hand, let's trace the shape of your star, breathing in and out as your finger goes up and down between all your star points.

We'll start on the outside bottom of your starfish thumb. Breathe in while moving the finger from your other hand up to the top of your starfish thumb. Then, breathing out, move the finger to the bottom inside of the thumb. (Pause: 1, 2,3)

Next, breathing in, move the finger from the bottom of the inside of the thumb up to the top of the index finger. Then, breathing out, move the finger from the top to the bottom of the other side of the index finger. Feel the points of your starfish... (Pause: 1, 2, 3)

Breathing in again, move the finger up the outside of middle finger to the top of the finger and at the top of the middle finger, move your finger down the other side of the middle finger, breathing out. (Pause: 1, 2, 3)

Breathing in, move the finger to the top of your ring finger and breathing out, move the finger down the other side of your ring finger. (Pause: 1, 2, 3)

We are finally on the last point of our starfish. Breathing in, move the finger up the side of your pinkie finger and then when your finger is at the top, breathing out, move the finger down the outside of the pinkie finger. (Pause: 1, 2, 3)

Now, imagine your starfish is wiggling its' points, as it swims out into the clear blue sea.

