



# HAND TRACING

CALMING & REFOCUSING STRATEGIES

## HOW-TO DIRECTIONS

### Procedure

- Hold one hand out in front of you with fingers spread apart
- Breathe in slowly through your nose as you trace up your thumb with the index finger from the opposite hand
- Breathe out slowly through your mouth as you trace down the other side
- Continue to slowly breathe in as you trace up one side and breathe out as you trace down the other side of each finger on your hand
- Repeat the steps on the opposite hand

### Modifications

- Sit comfortably in a chair, on the floor, or stand
- Trace entire hand without tracing individual fingers



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Chief Movement Officer

  
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