

Be KIND to your MIND



The breath star is the perfect way to be kind to your mind!

Sometimes we have so many thoughts popping in and out of our head,

the emotions that come with the thinking we have can at times feel a little overwhelming.

The breath star activity is a perfect way to enjoy a little moment of calm.

Take time to just let these thoughts come and go without paying them much attention as you follow the outline of the star with your finger.

Try the breath star at least once a day.

- Follow the outline of the star with your finger.
- Breathe in and count to 4 in your head.
- Hold your breath and count to 2
- Breathe out and count to 4
- Follow this until you have traced your finger around the whole of the star!