

## 5 Deep Breaths Routine Directions

The 5 Deep Breaths routine encourages relaxation and focus, creating an ideal atmosphere for individual thinking time.

The routine is made up of three simple steps:

1. **Inhale** – Students breath in through their nose for a count of five.
2. **Hold the Air** – Students hold the air for a count of three.
3. **Exhale** – Students release the air for a count of seven.