

# Virtual Take Five is here!

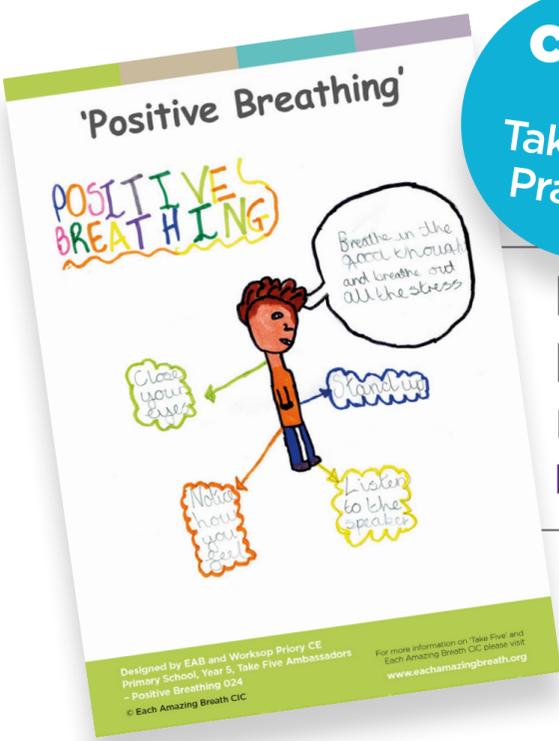


## HELPING YOU TO:

**STAND STRONG** and grow your **'I can handle it'** abilities

Film links to **Take Five Practices**  
 3 films to choose from each week  
 (each film is 3-4 mins long)

Password for week 12  
 (July 15th)  
**has been sent to you  
 by your school**



**Child-led  
 Take Five  
 Practice**

### Positive Breathing Practice

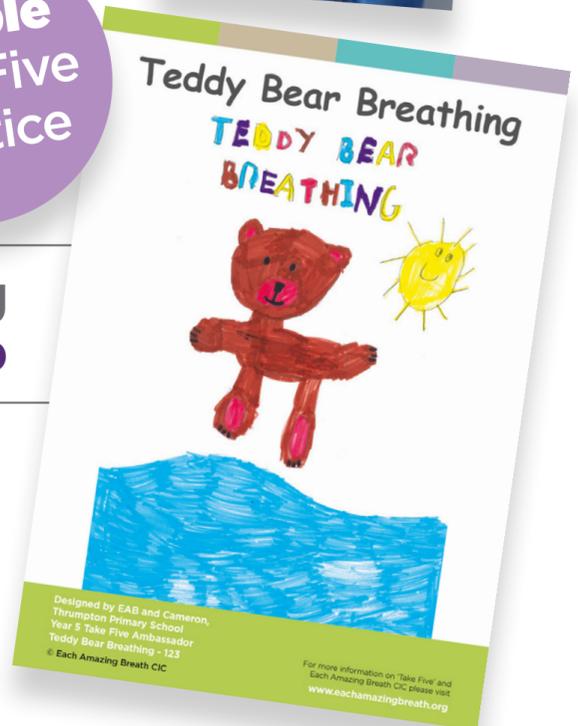
Film link here:  
<https://vimeo.com/438123157>



**Simple  
 Take Five  
 Practice**

### Teddy Bear Breathing

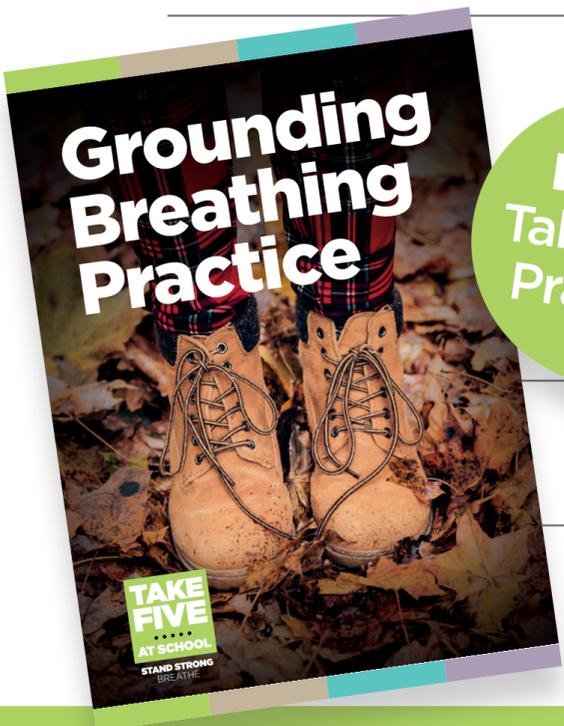
Film link here: <https://vimeo.com/408830020>



**Basic  
 Take Five  
 Practice**

### Grounding Breathing Practice

Film link here: <https://vimeo.com/409175764>



## We hope you enjoy doing Take Five with us

You are receiving these films because you do Take Five at School and your teachers thought it would be great if you could do a Take Five practice from home every day, or whenever you want or need to. Each week, we (the Take Five team from Each Amazing Breath) will be sending 3 practices for you to join in with.

**REMEMBER: Take Five is only suitable for children who already do Take Five at school. Please do not forward the films and password to anyone who doesn't do Take Five at School.**



For more information on Each Amazing Breath visit  
[www.eachamazingbreath.org](http://www.eachamazingbreath.org)