

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 9
(June 24th)
**has been sent to you
by your school**

Gentle Tension Release

Basic
Take Five
Practice

Gentle Tension Release

Film link here: <https://vimeo.com/417154086>

Simple
Take Five
Practice

Book Breathing Practice

Film link here: <https://vimeo.com/417145496>

Book Breathing Book Breathing!!!!

Butterfly Breathing

Imagination
and Movement
Take Five
Practice

Butterfly Breathing

Film link here: <https://vimeo.com/417141414>

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