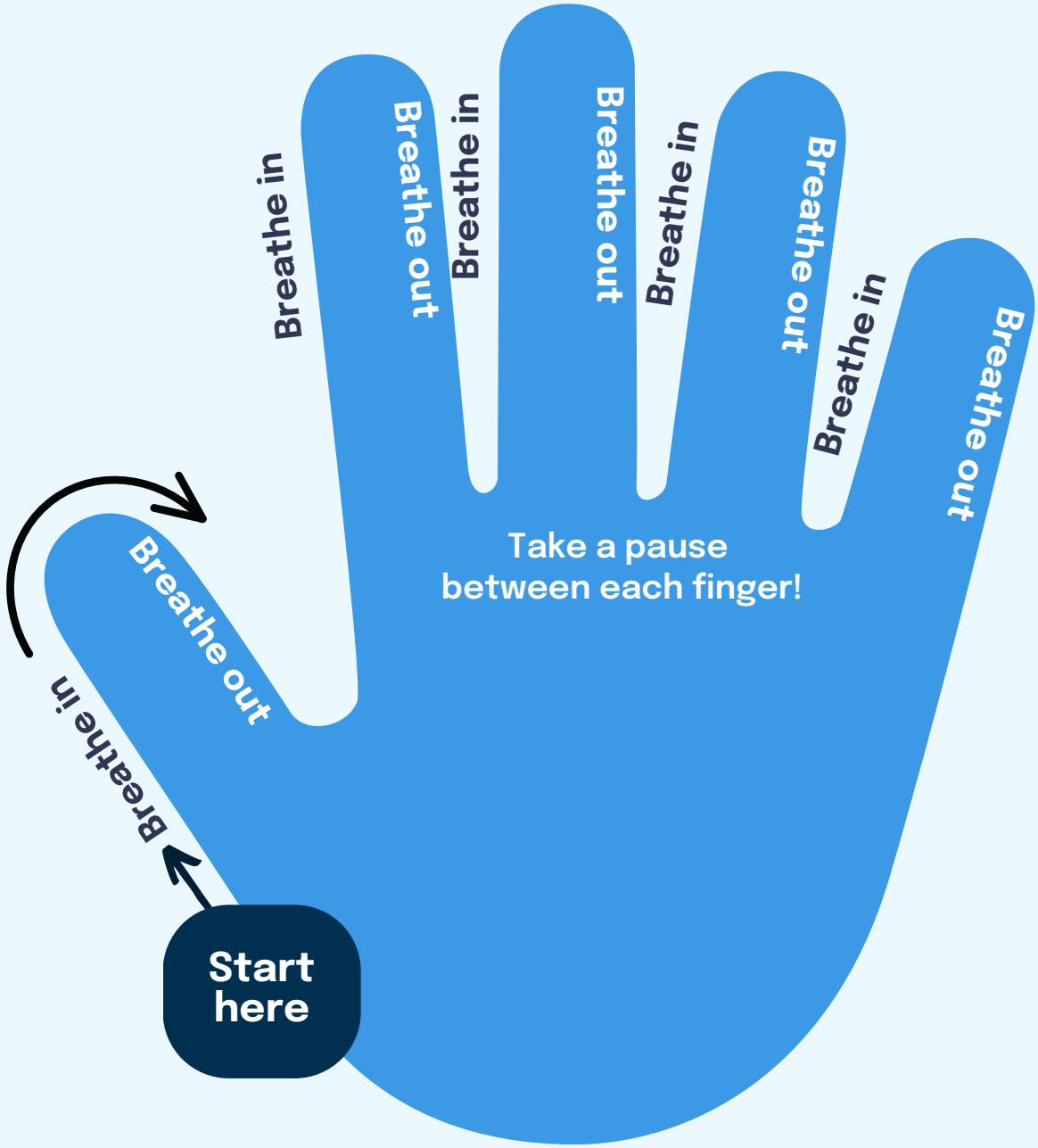
Calm yourself with a

5 finger breathing brain break



Slowly trace the outside of this hand with your index finger or a pen. Breathe in when you trace up a finger then breathe out when you trace down. Add in a pause between each finger (pause between each breath)

komodo