



Mindful Tradition

Finger Tap

JUST BREATH AND TRY SOME OF THESE.

- Begin by sitting or standing tall. Once you are comfy take three deep mindful breaths, in and out of the nose.

- On an inhale bring the hands to the front of the chest with the fingers touching.

- Keep your finger tips together and tap the thumbs together five times saying “tap, tap, tap, tap, tap.”

- Now tap the pointer fingers together five times saying “tap, tap, tap, tap, tap.” Keep the other fingers touching and still while you do this.

- Continue to do this with the middle fingers, the ring fingers and the pinky fingers saying “tap, tap, tap, tap, tap” each time.

- Now start at the pinky fingers, and move in the opposite direction working back towards the thumbs.

- When you make it back to the thumbs you are all done and you can shake out the hands and fingers. Continue on your day knowing that you have all the focus you need to succeed.

