



Finger Breathing

Resources you will need

- Hands
- Hand lotion
- A friend or trusted staff member
- A calm space with few sensory stimuli

Why use ...

Finger Breathing is a great technique to teach young people, of all ages, as it is simple for them to grasp.

Also, they can continue to use it as a coping strategy whenever they feel overwhelmed or overstimulated.

How to...

Firstly, find a calmer space where the young person can be with someone that they feel relaxed around or trust.

Then, get them to put their hand out in front of them and trace up and down each finger. Whilst doing this, slowly breathe in as you go up and then breathe out as you go down.

This should help to regulate the young person and enable them to feel more relaxed/in control.

To make this a more calming process, have a number of different scented hand creams. Allow the young person to pick their favourite scent and then slowly massage that into their hand whilst they practice their breathing. They can also repeat this on yourself or a friend.



For more information about how we work please contact:
IF@suffolk.gov.uk

