



Mindful Tradition

Fingers and Toes

JUST BREATH AND TRY SOME OF THESE.

- Begin by either sitting or standing, just make sure your feet are touching the floor. Use an inhale to bring the hands in front of the chest with the palms facing each other.

- Start to tap one foot and count to five. While you are doing this begin to wiggle the fingers of the opposite hand.

- Now switch to the other side. Begin by tapping the other foot while wiggling the fingers of the other hand and counting to five.

- Switch back and fourth as many times as you can. If you make a mistake, remember it is all part of the process, and it's OK to laugh and try again.

- When you are all done you can continue on your day carrying your focus with you in all that you do.

- Option: If this is easy peasy for you, you can do the same exercise with winking one eye and snapping the fingers on the opposite hand.

