Butterfly Hug

Step One
Create butterfly wings with your two hands by connecting your thumbs and facing your palms towards your chest.

Step Two
Bring your thumbs to the center of your chest with your right and left hand resting on both sides of your chest.

Step Three
Give yourself a butterfly hug by alternating one tap of your right hand followed by one tap of your left hand. Continue this movement slowly.

How it Helps

Helps us Sleep
Helps us Relax
Helps us Breath Deeply
Helps us Feel Calm

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