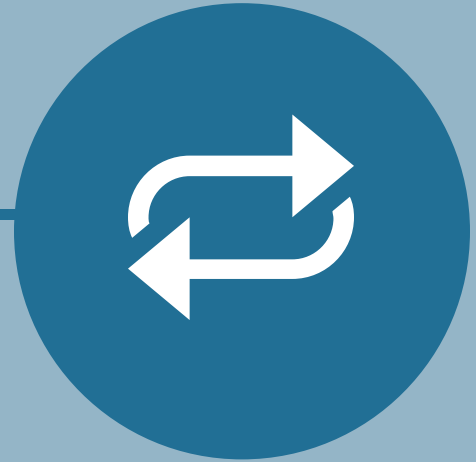




Butterfly Hug



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 Breathe Deeply



Helps us Relax



Helps us Feel Calm