



Butterfly Hug



When you are feeling Anxious or Worried, use this Butterfly Hug to soothe you.



Butterfly Hug

F - Take the group through the instructions.

Cross your hands over and link your thumbs to create a butterfly. Now place your hands flat on your chest with your middle finger touching your collar bone. Close or soften your eyes and gently tap your hands alternatively, nice and slowly, just like a butterfly flapping their wings.

You will find that you all go at different speeds. Try and tap in time with your heartbeat if you can.



Hands.