

Tool	Square Breathing
Description	Square Breathing is a simple breathing technique that can be done in any location for any amount of time needed to support self-regulation.
Relevant EF/application areas	Self-Regulation
Instructions	<p>During this exercise, visualize the square as you complete the breathing exercise.</p> <ol style="list-style-type: none"> 1. Inhale for four seconds 2. Hold in for four seconds 3. Exhale for four seconds 4. Hold it for four seconds
Goals/Outcomes	Utilize this technique to support your self-regulation.

