

Belly Breathing

Taking deep breaths from your diaphragm (called BELLY BREATHING) can help you feel more calm and relaxed.

1. Find a teddy bear, pillow, or other small object.
2. Lay on the floor and put the object on your belly.
3. With your mouth closed, breath in through your nose for a few seconds (3-5), watching the object on your belly rise.
4. Hold your breath for another 3-5 seconds, and then slowly let the air come out of your mouth, watching the object on your belly fall.
5. Repeat 5 times – or until you feel relaxed.



For more information and ideas about belly breathing, check out these websites:

<https://childreninspiredbyyoga.com/blog/2018/03/belly-breathing-anxiety> or

<https://www.pbs.org/parents/crafts-and-experiments/practice-mindfulness-with-belly-breathing>