

Balloon Belly Breathing

Balloon Belly Breathing is a way to help your body and mind feel calm, like making a soft, gentle balloon with your belly!

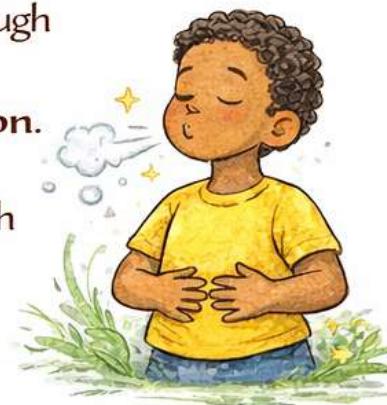


- 1 Sit or lie down. Put your hands on your belly!
- 2 Take a slow breath in through your nose. Let it fill up your belly **balloon**.

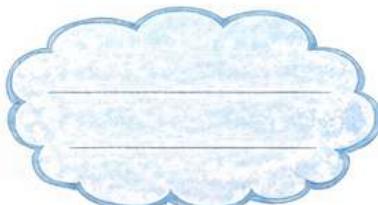
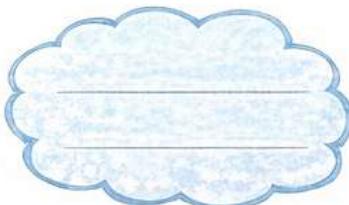
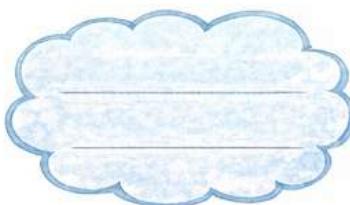


- 3 Slowly breathe out through your mouth and feel your belly balloon go down.

Breath in...



Practice 3-5 times ... or until you feel calmer.



Balloon Belly Breathing makes me feel:

