

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!

Breath in...

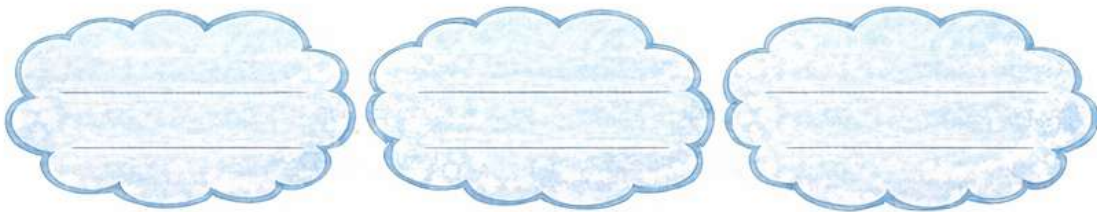
2. Take a slow breath in through
your nose.
Let it fill up your belly **balloon**.



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



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



Balloon Belly Breathing makes me feel:

