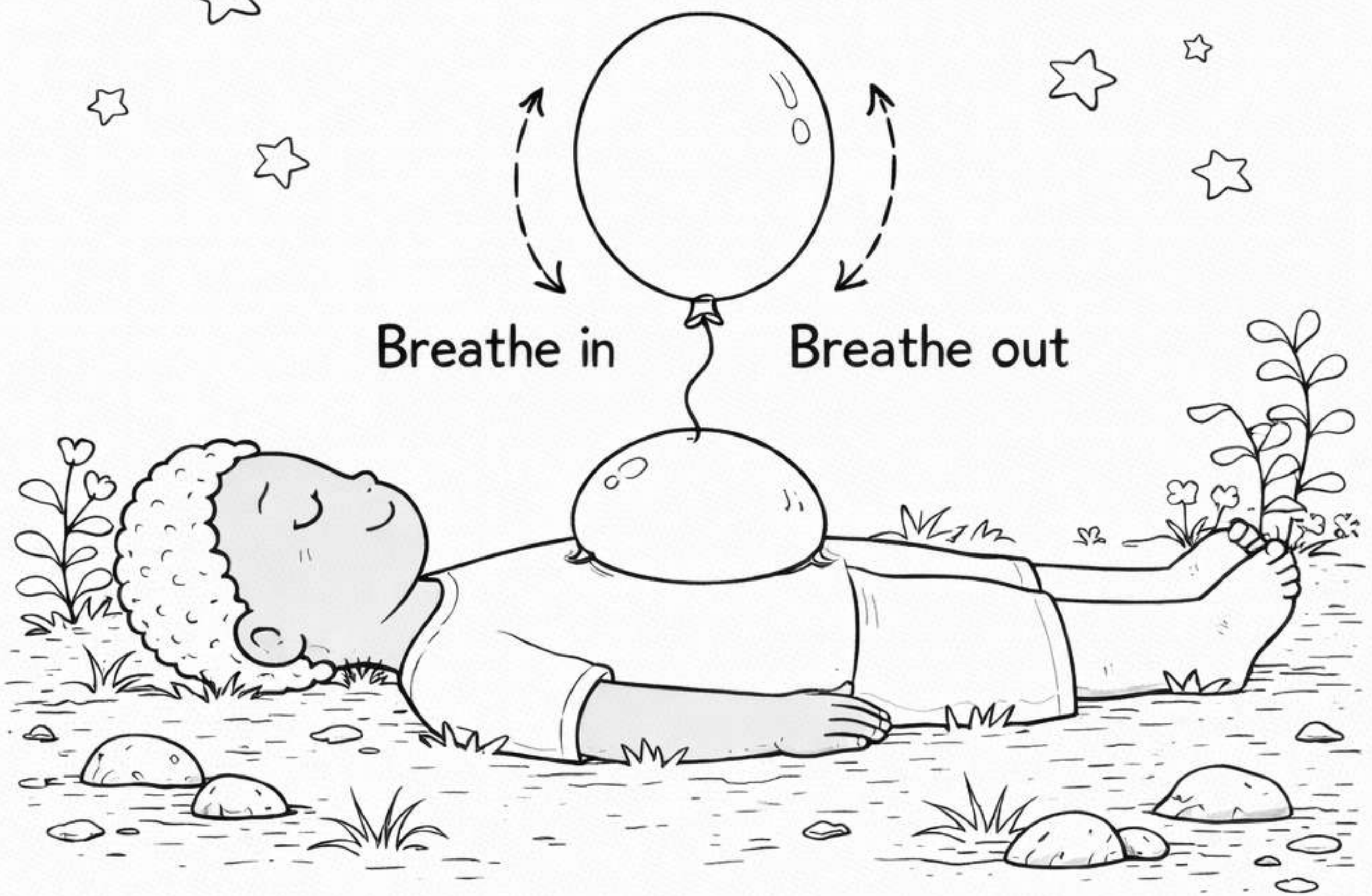


# Balloon Belly Breathing



**Place a toy or paper over your belly, then breathe in and**

- Inhale through your nose
- Feel your belly fill up like a balloon.
- Exhale through your mouth like blowing out a candle
- Watch the toy or paper slowly rise and fall!