

Belly Breaths



This is a quick activity to help anytime you want to feel better.
Taking long, deep breaths tells our body that it's okay to relax.
When we relax, we feel better all over!

Let's Practice:

1. Put one hand on your your chest and one hand on your belly.
2. Imagine you are breathing in the scent of a beautiful flower. Breathe in slowly through your nose as you count to 3. Fill your lungs all the way down to your belly button. Try to keep your hand on your chest still as the air you're breathing in slowly pushes out the hand on your belly.
3. Now imagine that you're blowing out the candles on your birthday cake. Slowly and gently blow those candles out. Exhale for a count of 3. Feel your hand on your belly go down as the air leaves your lungs.
4. Repeat each step 2 more times to help your body relax.

Practice belly breaths every day so that you can use them anywhere and anytime you want to feel better!