

Home Activity A













BELLY BREATHS PRACTICE

Child's Name: _____

Caregiver's Signature: _____

Find a time each day with your caregiver to practice
Belly Breaths and track your practice below.

1. Put one hand on 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.

Day	Time	How did your body feel after practicing Belly Breaths? Circle one	
Friday			
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday	Remember to bring your homework to group!		

You can use belly breaths
anytime you want to feel better!