

Belly Breathing

Belly breathing is a great way to calm down when you are upset.

Imagine that there is a balloon in your belly.

As you take a big breath in through your nose, try to fill up the balloon so that your belly puffs up.

Now breathe out through your mouth (like blowing bubble) and let all of the air out of the balloon.

Take slow breaths. Try to count to 4 as you breathe in and count to 4 as you breathe out.

Inhale...2...3...4

Exhale...2...3...4

Repeat until you are calm.

Remember to practice every day until it becomes easy to use when you need it.

