

Belly Breathing



1. How do you use Belly Breathing?

Practice, then draw a picture of yourself using it!

1. Put your hands on your belly.	
2. Take a deep breath to fill your belly with air.	
3. Hold your breath and count to 5.	
4. Slowly blow out all the air.	

2. How do you feel after using Belly Breathing?

Circle the cloud that best matches.



3. When could you use Belly Breathing to help you feel your best self?

Draw or write your ideas.