

Video Discussion Tip Sheet

Belly Breathing



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.



Watch together! Then talk about:

- ✓ How did Nico feel when the block tower fell over?
- ✓ Can you think of a time when you felt like Nico did?
- ✓ How did Nico feel after trying Belly Breathing?
- ✓ Do you remember the steps in Belly Breathing?

Practice together! Then talk about:

- ✓ When you take a deep breath, where in your body do you feel it go?
- ✓ How do you feel after practicing Belly Breathing?
- ✓ What was your favorite part about Belly Breathing? What parts were tricky?
- ✓ When do you think you could use Belly Breathing?

Additional Tips

- ✓ Take a break and try again later if kids are distracted, frustrated, or forcing their breathing - learning something new may need lots of repeating.
- ✓ Not every kid will like every strategy. If a kid doesn't like Belly Breathing, try another!



feelyourbestself.org



UConn