Balloon Belly Breathing

**Step 1:** Imagine you have a balloon in your belly.

**Step 2:** Put your hand on your belly and breathe in big. Blow the balloon all the way up!

**Step 3:** Hold it for 1...2...3.

**Step 4:** Breathe out all of the air in your belly balloon.

**Step 5:** Repeat.

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Breathe in  Breathe out

From Creative School Counseling