

Balloon Belly Breathing

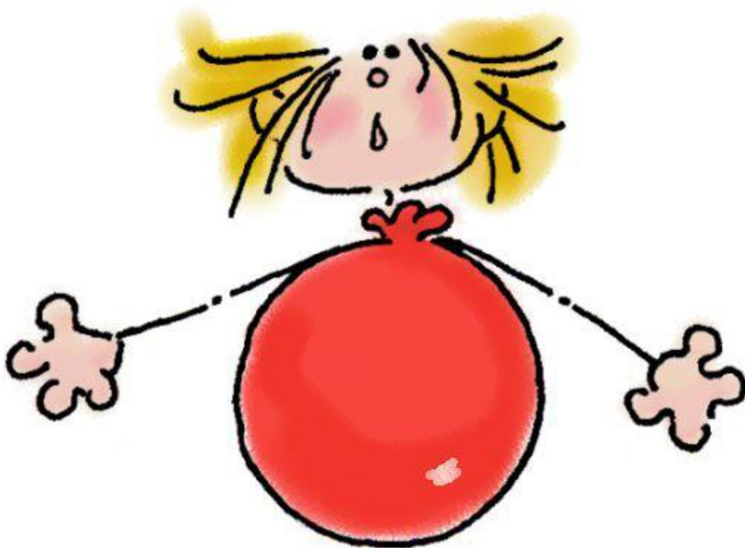
Step 1: Imagine you have a balloon in your belly.

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

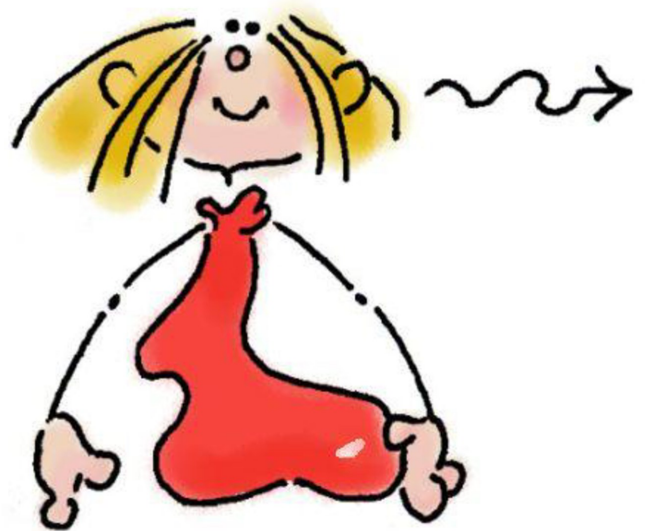
Step 3: Hold it for 1...2...3.

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

Step 5: Repeat.



Breathe in



Breathe out