

1 Balloon Belly Breathing

Respiración del vientre con globo

STANDING



Balloon Belly Breathing helps kids switch on their brains and focus their minds. It feels great. Both the exhale and the inhale are important. Breathe through the nose for calmness. Breathe through the mouth for more energy. Yawns are also great.

1. Make believe your lungs are a big balloon. Place your hands on your belly. Breathe deeply way down into your belly. Feel your belly get rounder as you fill your lungs like a big balloon.
2. If it's hard to feel your belly, hold or pretend to hold a small stuffed animal or toy in front of your belly so you can watch the toy move with you.
3. Relax and let the air out slowly with a whooshing sound. Feel your belly sink toward your spine and pull in your belly button a little.
4. Breathe deeply and fill your balloon belly up three more times.