

# CALM FREEZE DANCE

**Have you ever noticed how your body reacts to big feelings? When we feel scared, angry, or frustrated, our body might tense up, our heart might beat fast, or our breathing might increase. Belly breathing is one way to help our bodies relax!**



1. Put on some music and start moving! Set a timer for 1 minutes.
2. When the time goes off, FREEZE and start belly breathing.
3. Notice how your heart rate and breathing slow down. Notice your body relaxing.
4. Repeat as many times as you want!

# BELLY BREATHING

## STEP 1

Lay flat on the ground. Place one hand on your belly and one hand on your chest.

## STEP 2

Breathe in slowly through your nose for 4 seconds. Feel your belly expand like a balloon.

## STEP 3

Pause. Hold the breath in for 4 seconds.

## STEP 4

Slowly breathe out through your mouth, like you're blowing bubbles, for 6 seconds. Feel your belly sink back down.

## STEP 5

Repeat these steps again. Feel your body relax.