

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.

BENEFITS OF BELLY BREATHING

Slows down your heart rate relaxing your body

Increases the amount of air brought in by your lungs

Gives you an energy boost

Grow insight on how breathing effects your body



TIPS FOR HOME

1. Practice every day! Just like learning a new sport or instrument, it takes practice to to get good at belly breathing.
2. Practice when you are relaxed like right before bed or when you are laying on the couch. This will make it easier to learn the new skill.
3. Practice with someone else like a friend, parent, or sibling.