

Belly Breathing for Kids



When you are worried or upset, slow breathing can help you to feel better. It's very simple, and most kids think it is fun.

Here's what you do:

1. Lie down on the floor in a quiet place.
2. Put a pillow under your head and another one under your knees.
3. Put a teddy bear or another favorite stuffed toy on your lower tummy.
4. Breathe in slowly and deeply until the teddy bear starts to move up from the breath in your tummy.
5. Let your breath out slowly, so the teddy bear goes back down.
6. Do this for a few minutes, letting yourself feel very relaxed.