

BELLY BREATHING

1. Sit up straight on a chair or lie down on the bed or floor and bend your knees.
2. Place both hands on your belly.
3. Breathe in slowly through your nose. Take the air into your belly and feel it blow up big like a balloon. Keep your chest still.
4. Blow the air slowly out of your mouth through puckered lips. Feel your belly get small.
5. Repeat this exercise slowly 10 times — it will make breathing easier and it will make you feel relaxed.



Source: *Open Airways for Schools*, American Lung Association, Child Handout No. 1. 1998.