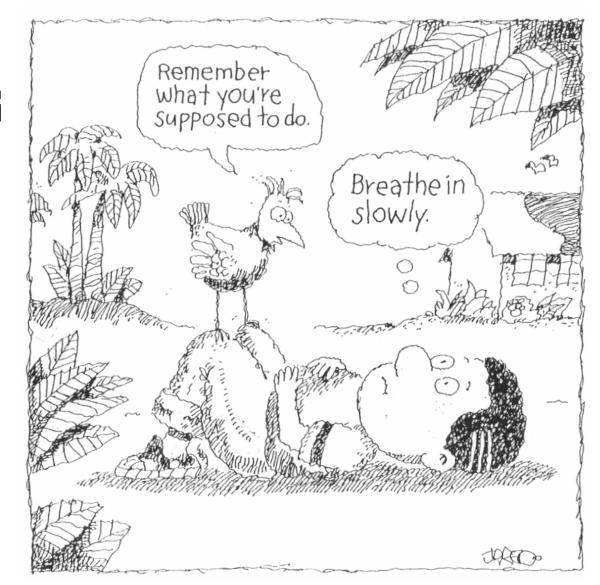
## BELLY BREATHING

- 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.