

*Note for Parents: Try the following techniques at home...*

## Belly Breathing

### Why Practice Belly Breathing with Kids

Think of belly breathing as strength training for your diaphragm. Sometimes I tell my students that we are going to “**strengthen our breathing muscles**” so that our body will know what to do when we feel stressed or when big feelings take over.

Being mindful of your breath and practicing deep breathing can both calm and energize you. It can both soothe our nerves and clear our minds.

### Specifically, deep breathing:

- calms the nervous system
- reduces stress
- strengthens the respiratory and immune systems
- improves digestion
- supports mind-body connection
- brings fresh oxygen to the brain
- encourages mindfulness and accepting the present moment
- promotes healthy sleep patterns

### METHOD #2 - BE Buddy™ Belly Breathing

#### How to do it:

- Lie down comfortably on your back and place a small stuffie on your belly.
- Notice how your head feels against the floor.
- Feel your shoulders, arms, hands, back, legs and feet.
- Feel the weight of the stuffie on your belly.
- Now, breathe in through your nose while counting slowly to 5.
- Fill your belly with air and watch your stuffie ride up high to the sky as you breathe in, and back down as you breathe out.
- Keep breathing, filling up your belly like a balloon and back down, letting all the air out of your belly.
- Repeat this slowly 3 more times.

