

# BE Buddy® Belly Breath

**"I can use my breath to feel calm and relaxed."**

Lie down comfortably on your back and place your BE Buddy® on your belly.

Relax your shoulders, arms, hands, back, legs, and feet.

Let's give our buddy a ride up high to the sky.

Begin by exhaling all the air out of your lungs.

Now, inhale slowly through your nose, making a big belly.

Exhale and pull your belly in as you watch your buddy sink back down toward the ground.

Keep breathing low and slow until you feel your body relax and feel calmer.

## Tips:

- Invite kids to breathe in/out of their noses. This helps to slow the breath and promotes deep diaphragmatic breathing.
- Keep it simple, fun, and consistent.
- The most important thing is to become aware of your breathing.

## Reflect:

*How did your body feel after taking slow belly breaths?*

*Did you feel your belly get bigger on the inhale and smaller on the exhale?*

*When might this be helpful to practice in your life?*