

Double Exhale Breath with BE Buddy®

"I can blow my worries away."

Sit up tall and relax your shoulders.

Soften your tummy and think of a worry you want to blow away.

Hold your BE Buddy® in front of you and exhale all the air out of your lungs.

Inhale and make a big belly for 2 counts.

Exhale making a small belly for 4 counts.

Did you know?

Exhaling longer than inhaling calms the nervous system and promotes relaxation.

When you exhale, your heart rate slows down.

Tips:

Inhale through the nose (if possible), and on each exhale, focus on releasing stress and tension in the body.

Add props and tools to make it fun, such as feathers, bubbles, instruments, pom-poms with straws, etc.

