



Balloon Breathing:

We all need time to relax and belly breathing is wonderful for adults too.

Youtubes:

[Peace Out Guided Relaxation for Kids | 1. Balloon](#)

[Bring It Down - Flow | GoNoodle](#)

[I Am Peace. A Book of Mindfulness - By Susan Verde | Children's Books Read Aloud](#)

[B is for Breathe by Dr. Melissa Boyd | Books Read Aloud | StoryTimeWithMsMelange](#)

****Parents-** Here are some tips and strategies to help with family breathing. Remember, Have FUN together!

COUNSELOR'S

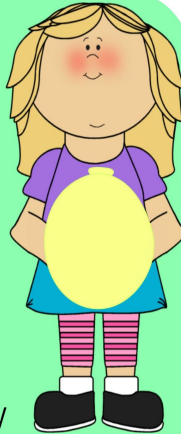


CORNER

BALLOON BREATHING

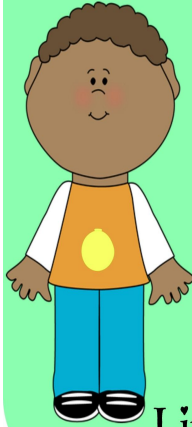
Step 1: Inhale Fully

Place your hands on your belly. Breathe in slowly through your nose to fill your lungs all the way to the top, as you feel your belly, abdomen and chest expanding out like a big balloon...

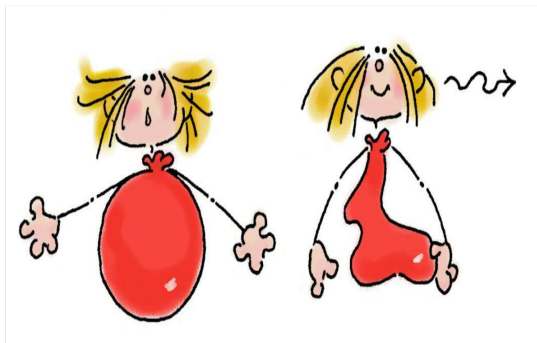


Step 2: Exhale Fully

Now open your mouth and slowly blow **all** of the air back out of your lungs, letting your belly sink down flat, as if deflating that imaginary balloon. Repeat, but the next time close your mouth and practice breathing in, and out, through your nose, as you feel your belly expanding and shrinking.



Little Twisters Yoga.com



Breathe in

Breathe out

BALLOON breathing



1. Think of your belly as a balloon.
2. Put your hand on your belly to feel it rise and fall.
3. Take a deep breath in through your nose to fill your balloon.
4. Hold your breath for 2 seconds.
5. Breathe out through your mouth slowly to deflate your balloon.
6. Repeat balloon breathing 5 times.

*Follow your own breathing rhythm.



COUNSELOR'S CORNER

Belly breathing

Automatically slows the heart rate, helping to relax & calm

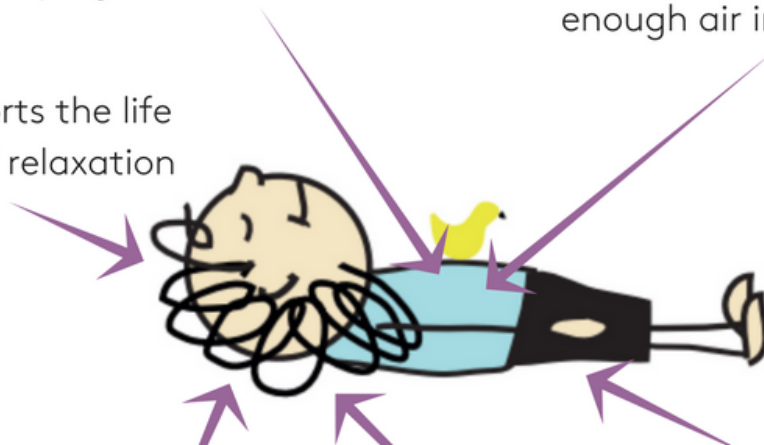
The most efficient and relaxed way of getting enough air into your lungs.

Supports the life skill of relaxation

Can boost energy levels with a few minutes of relaxation throughout the day

Emulates breathing during the regenerating processes (sleep, digesting food or resting)

Increased awareness of the breath & its effect on the body



COUNSELOR'S



CORNER



Find a comfortable way to sit or lay down. Imagine there is a balloon in your belly. It can be any color you choose. Place your hands gently on your belly and as you take a breath in, feel your belly get big like blowing up a balloon. As you let your breath go, feel your belly come back like deflating a balloon. Repeat this a few times and if you would like, try closing your eyes while you practice it.

You can place a secret love message into your balloon and with your breath, imagine those thoughts being sent all over the world! These balloons can be colored for added relaxation.



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