



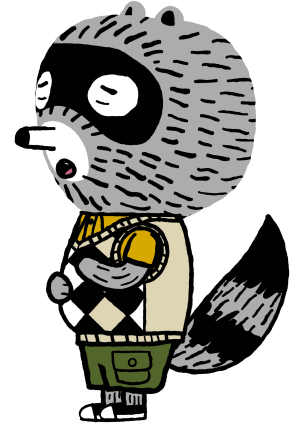
# Practice Belly Breathing

Belly breathing can help you feel calm and in control, no matter what you are feeling inside. Practice it when you need to feel more relaxed.

1

## Breathe in Slowly and Feel Your Belly Grow

- Place one hand on your chest and the other hand on your belly
- Take a full breath in and count to 4
- Feel your chest and belly rise as they fill with air, like a balloon getting bigger



2

## Hold the Air In and Count to 2

- Hold the air in and count to 2
- Notice how your body relaxes and how calm you feel



3

## Breathe Out Slowly and Feel Your Belly Go Down

- Slowly breathe out the air as you count to 4
- Feel your belly getting smaller as the air goes out



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