

# Deep breathing Activity #1

1. Have your child lie down OR sit upright in a chair with their feet flat and uncrossed on the floor. We want your child to breathe into their stomach as supposed to their chest, and younger children naturally breathe into their stomach when lying down.
2. Ask your child to close their eyes OR focus on a spot on the wall
3. Ask your child to place both hands on their stomach. If your child is younger, you can also ask them to place their favorite toy or stuffed animal on their belly so that as they breathe they can take the toy on a ride by making them go up and down.
4. Follow this script:

*"Place both hands on your stomach. Now, breathe in and fill up your belly with air as if it were a balloon ...1 ...2 ...3. Now breathe out and try to deflate the balloon all the way ...1 ...2 ...3. Breathe in again ...1 ...2 ...3. Now breathe out ...1 ...2 ...3."*

Do this for 10 breaths or until your child feels calmer (this takes longer than you would think, but please trust us - it helps!)

