

Balloon (or "Big Belly") Breathing Challenge

Balloon breathing is a way to help yourself to feel better if you ever get worried or upset about something. It's a great tool to learn because you can use it anywhere you need to, whether you are standing, sitting or lying down. I like to practice sitting on the floor with my legs crossed.

BALLOON BREATHING

Step 1: Inhale Fully
Place your hands on your belly. Breath 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.

Belly Breathing Tool

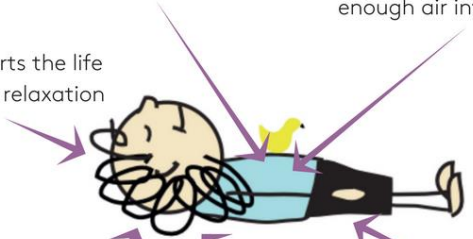


Step 1:
Take deep breath in; making belly expand just like hoberman sphere



Step 2:
Exhale slowly bringing belly and sphere back to original size

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
- Emulates breathing during the regenerating processes (sleep, digesting food or resting)
- Can boost energy levels with a few minutes of relaxation throughout the day
- Increased awareness of the breath & its effect on the body

How do you feel after practicing balloon breathing? What differences do you notice?

Can you think of a time when balloon breathing might help you?