

# BELLY BREATHING



Smell the soup

Breathe in through your nose

and fill your belly up with air like a balloon. (NOT your chest)



Cool it off

Blow out through your mouth

Feel your belly deflate like a balloon.



This is the fastest way to calm down. Practice it in bed at night, sitting up in a chair, at the dentist office, or during a fire drill! Practice until it is what you do first whenever you feel yourself start to get upset.