

Bear's Belly Breathing



Bear has learned that belly breathing helps Bear to feel calm and more settled.

Find a comfortable space to sit or lie down on the floor on your back.

Place your hand or a soft toy on your tummy

Take 3 slow breathes in and out.

Notice how your hand or soft toy moves up and down.

Draw a picture of yourself doing Bear's Belly Breathing.

Think of 3 people to tell about Bear's Belly Breathing.
Draw or name them.

