

BALLOON BREATHING

BRAIN BREAK



Think of your belly as a balloon

INHALE

Place your hands on your belly and breathe in slowly through your nose. Feel your belly, abdomen and chest expanding out like a balloon. Hold your breath for 2 seconds.

EXHALE

Open your mouth and slowly blow all the air out of your lungs, as if deflating your imaginary balloon. Repeat this exercise a few times or until you feel calmer.