



## Breathing and Movement Activity for Ages 6-12


## Deep Belly Breathing

### Directions:

The child can stand up straight with their feet shoulder width apart for this activity.

 Stand straight up with feet shoulder-width apart. Relax your arms and hands and extend them downward.  
*Relax your body. Close your eyes.*

 Focus on your lower abdomen (belly) and imagine a small balloon in that space. Breathe in slowly and deeply through your nostrils, imagining the balloon inflating (getting bigger/larger/growing) slowly, hold a few seconds.

 Slowly exhale through your mouth, imagining the balloon gently deflating and getting smaller and shrinking; blow out of your mouth as if you are blowing out a candle.

Repeat several times.