



Breathing Tools for Kids

Deep Belly Breathing

Taking deep breaths and filling up our belly with air can help calm us down. When we take deep breaths it pushes on the Vagus nerve in our belly. The Vagus nerve then sends a message to our brain telling us we are calm. Use Deep Belly Breathing whenever you feel frustrated, nervous, or need to focus.

Instructions

- 1.** Breathe in through your nose and fill your belly up with air. You can place your hand on your belly to feel the air go in.
- 2.** Breathe out through your mouth and empty the belly of air.
- 3.** Repeat at least three times. Remember to take deep breaths and fill up your belly with air, not your chest.

