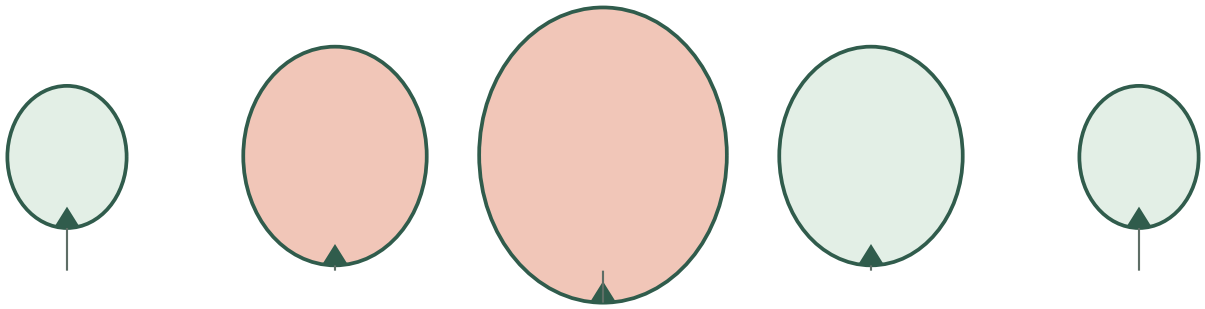
Balloon Breathing

Trace the balloon with your finger. Breathe in as it grows. Breathe out as it shrinks.

Name: _____ Date: _____

Sit tall. Put one hand on your tummy. Breathe in slowly through your nose while the balloon grows. Hold for a tiny moment. Then breathe out slowly like you are blowing a feather across the room. Do it 5 times.



START IN IN MORE OUT OUT MORE

DRAW YOUR OWN BALLOONS HERE

TICK ONE FOR EACH BREATH

AFTER 5 BREATHS MY BODY FEELS

Educational use only. Not therapy, diagnosis or medical advice. In a crisis call or text 988. Immediate danger: call 911.