

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 five times or until you are calm