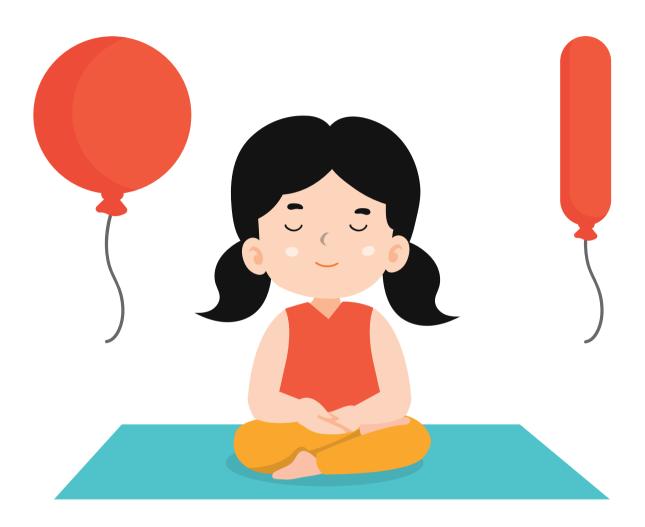
## **BALLOON BREATHING**

## **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