

Balloon/Belly Breathing

1. Visual & Kinesthetic



Adult models blowing up a balloon. Look closely at the balloon.

What happens when we blow up a balloon?

Now imagine your belly is like a balloon. Place your hands on your belly to feel it rise and fall. Take a deep breath in through your nose to fill your balloon. Slowly breathe out through your mouth to deflate your balloon. Repeat 3 times. How do you feel now? What did you notice?

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2. Auditory



Imagine you are blowing up a big balloon. Take a long breath in and blow out through your mouth, filling up your balloon.

What does your breath sound like?

Let's make your balloon bigger. Breathing in....And out...

How did your breath sound this time? Louder or quieter?

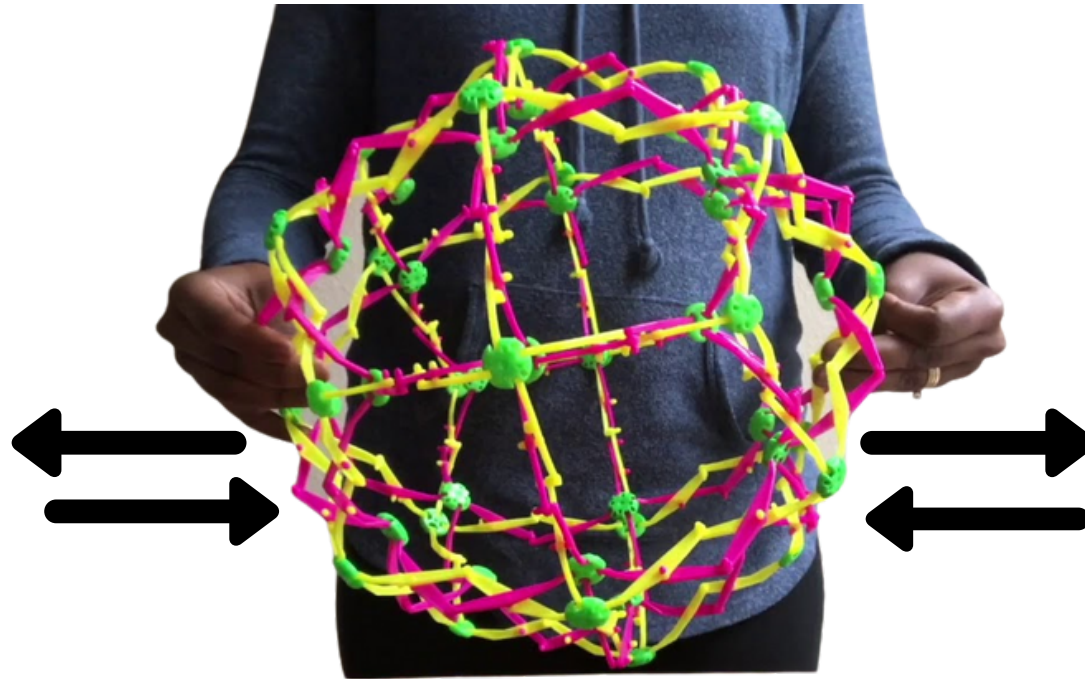
Let's do one last really long breath in and out.

What did your breath sound like this time? Where can you hear it?

Nose? Mouth? Somewhere else? Anything else you noticed?

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3. Kinesthetic



Place your hands out in front of you (or use a Hobermans Sphere). We are going to move our hands out and in as if they are a balloon expanding and contracting. Breathe in through the nose as you move your hands outwards. Breathe out through the mouth as you bring your hands back in again. Repeat 3 times.

What did you notice? How do you feel now?

Belly Breathing

4. Kinesthetic



Lie down on your back and hold a soft toy on top of your belly. Take a long breath in through your nose (1-2-3) and let it all the way out (1-2-3-4-5-6). Repeat.

What did you notice? What happened to the soft toy as you breathed in and out? How do you feel now? Shall we try it again? Would you like some calming music this time? Let's see if we can do belly breathing for the whole song!