

Belly Breathing

1. Stand up, sit up straight on a chair, or lie down on the bed or floor and bend your knees.
2. Place both hands on your belly.
3. Breathe in slowly through your nose. Take the air into your belly and feel it blow up big like a balloon. Keep your chest still.
4. Blow the air slowly out of your mouth through puckered lips. Feel your belly get small.
5. Repeat this exercise slowly 10 times—it will make breathing easier and it will make you feel more relaxed.

Try this relaxing exercise at home!

Teach Belly Breathing to at least one member of your family. Practice a few times, and you'll have a new skill to use when you're feeling nervous or upset.

Remember, Belly Breathing can help children with asthma breathe easier, and it can help anyone who needs to relax.