## BALLOON Breathing

1. Pretend your belly is a balloon.

2. Slowly blow up the balloon ....1 ....2 ....4 ....

3. Now, slowly blow out & flatten the balloon ....1 ....2 .....4 ....

4. Repeat 5 times. Repeat 5 times.

Repeat 5 times.

Repeat 5 times.

Repeat 5 times.



