

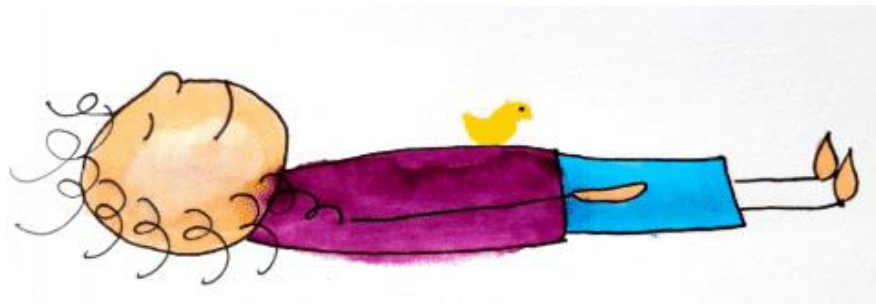


Tummy Breathing

Hello children, what do you do to help you calm down and feel better when you have negative feelings? Maybe you like to talk to your parents or your friends? Or do you draw and express your feelings that way? Tummy breathing is another method that may help you calm down - why don't you give it a try?

Let's get started! Here are the Steps:

1. Find a comfortable area to lie down (it can be your bed or the floor).
2. Find your favourite stuffed toy and put on your tummy.
3. Feel the weight of the toy.
4. Relax your body.
5. Breathe in through your nose: slowly count one, two, three, four in your head.
6. Breathe out through your mouth: slowly count one, two, three, four in your head.
7. Repeat the above steps six times.



Tummy Breathing Exercise

What do you notice during this exercise? *Please circle or write down your answer.*

Does your toy move when you breathe in?

YES / NO

Does your toy move when you breathe out?

YES / NO

How do you feel after the exercise?

RELAXED / CALM / EXCITED /

HAPPY / ENERGETIC /

SATISFIED / TIRED / BORED

OTHER _____

Try using different stuffed toys to do the tummy breathing and see if they move differently. Hopefully you find the breathing exercise soothing so try doing it to calm down if you ever feel stressed.

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Funded By



香港賽馬會慈善信託基金

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