



Balloon Breathing Script

Sit or lie down, and put your hands on your tummy.

Take a slow, deep breath in. Watch and feel your tummy go up and imagine there is a balloon blowing up inside it.

Now, slowly breathe out, letting air out of the balloon in your tummy. Watch how your tummy becomes smaller.

Now let's see if you can breathe in and out for longer times. Pretend you're making the balloon bigger and bigger and then slowly letting every last bit of air out.

How big can you make your balloon? How does your tummy feel when you breathe in? And out?