

## **Belly Breaths**

- 1. Lie down on your back.
- 2. Place a stuffed animal or beanbag on top of your belly.
- 3. Take a deep breath into your belly, and watch the object rise.
- 4. Let a slow breath out, and watch it move back down.
- 5. Keep watching it go up and down. Or close your eyes and feel it move.

