



# Calm Breathing

## Focus on your belly, maybe put your hand there.

As you breathe in deeply through your nose, send this breath all the way down to your stomach.

Breathe in... feel your stomach expand and your hand move out.

Breathe out... feel your stomach contract and your hand move in.

## Keep In Mind

- The activity can be helpful before a test or any stressful situation.
- The more you practice, the more natural this will feel!
- Before sleep is a great time to practice.

