## **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.

## Keep In Mind

- The activity can be helpful before a test or any stressful situation.
- The more you practice,

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

the more natural this will feel!

• Before sleep is a great time to practice.



Santé mentale en milieu scolaire Ontario

**We work together with Ontario school districts to support student mental health** www.smho-smso.ca