

Belly breathing for relaxation

**Place your hands like this.
Relax your belly.**



**Breathe in slowly through
your nose.**



**Feel how your belly moves
with your breath. Repeat
until you feel calmer.**



**Breathe out slowly
through your mouth.**



Body Scan

Close your eyes. Take a deep breath in through your nose, and out through your mouth. Starting with the top of your head, become aware of how your body feels. Slowly move down your body, noticing how each body part feels, down to your toes. Make a note of any areas of discomfort on the body below. Draw a face on the person to represent how you are currently feeling.

My head feels...

My shoulders feel...

My arms feel...

My tummy feels...

My legs feel...

My feet feel...

