



# Happy Breathing script

*Belly breathing*

## Belly breathing

I'd like you to find a soft toy or teddy or just something light that you can balance on your belly.

Lying down gently, place whatever you have chosen on your belly, just around your belly button is perfect.

Now take a moment to position yourself so you aren't touching anyone else and have lots of space. We are going to keep your eyes open for this happy breathing exercise.

I'd like you to now take a big breath in and then a big breath out. Breath in through your nose, and then blow out through your nose.

Let's try that three more times.

Ok, now I would like you to focus your attention on your teddy or whatever you have chosen to put on your belly. You can hold onto it if you like or, you can just place it by your side.

Let's try again with our deep breaths in and out, in and out. As you breath in and out watch your teddy move up and then down.

When you breath in and fill your tummy with air the teddy moves up. When you breath out and blow all of the breath out of your body the teddy moves down. Watch the teddy moving up and down, up and down up and down.

Let's watch our teddy for a few more breaths now, When you are ready, sit up slowly and place your teddy in your lap.

How do you feel now?