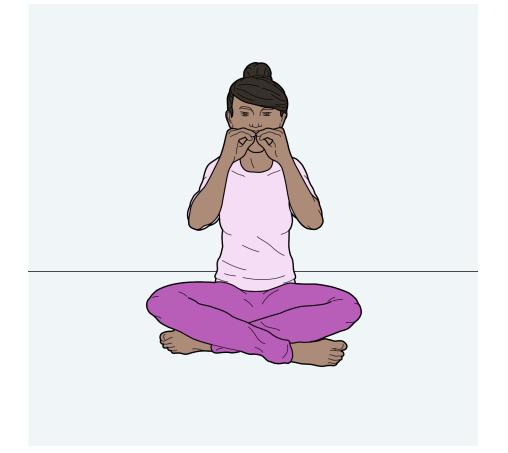
## Activity 32: Balloon breathing

Video demonstration



- 1. Start by sitting cross-legged on the floor or sitting on a chair. Put your hands up to your mouth as if they are holding an imaginary balloon.
- 2. Take a deep breath in through your nose and slowly start to blow out through your mouth.
- 3. With your hands, extend them out as if you were blowing up a balloon.

Where did you feel it in your body?

**4.** Now repeat the activity, but this time focus on breathing in through your nose and out through your mouth.

What change did you notice after focusing on your breathing?



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