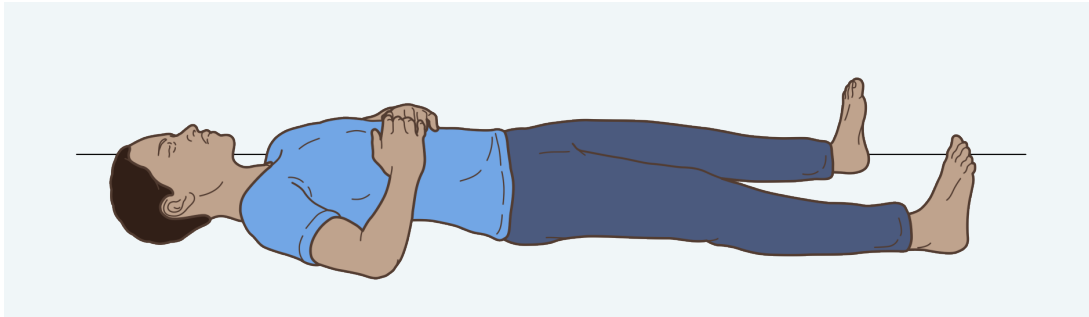
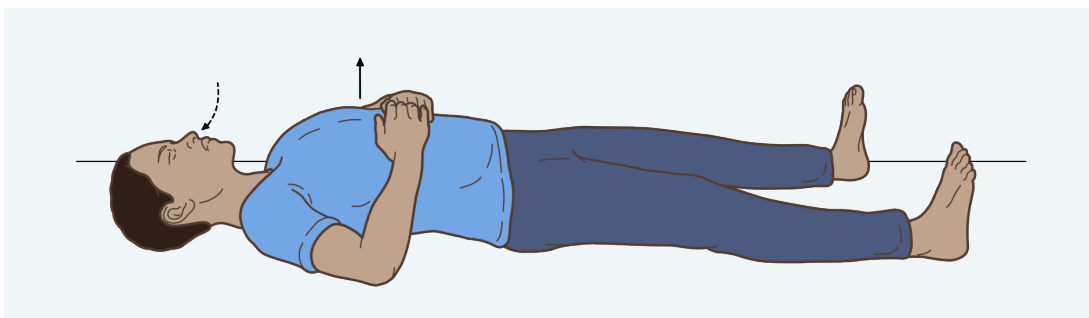


# Activity 11: Belly breathing

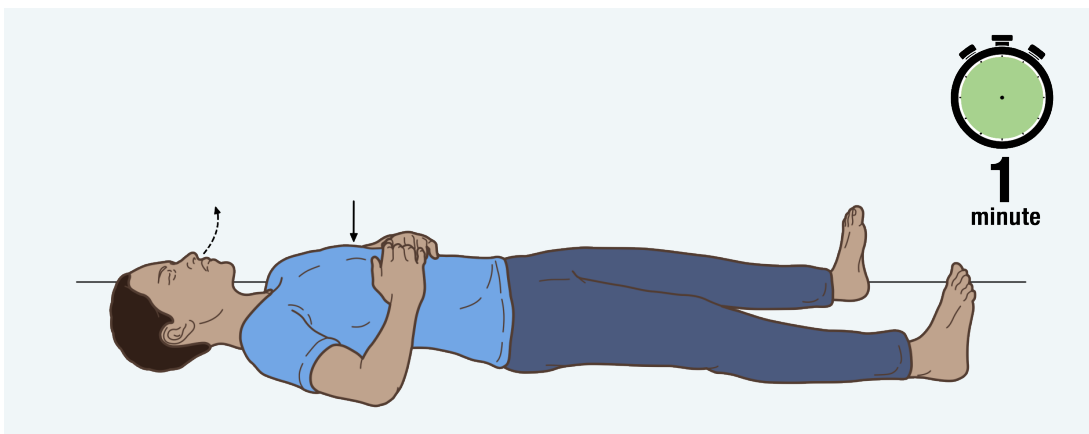
Video demonstration



1. Lie down, relaxed and feeling comfortable. Close your eyes and keep your mouth closed. Rest your hand on the centre of your ribs or just below your ribs, not pressing too hard, your fingertips should be just touching.



2. Breathe in slowly and deeply through your nose. You should feel your hand rising as your lungs fill with air, your fingertips should have a space between them now.



3. Now breathe out slowly through your nose, and keep breathing out. You should feel your hand moving back down as the air goes out of your lungs and your body deflates with your lungs, until your fingertips touch again.
4. Keep practising this breathing in and out for one minute. *Can you feel your body moving even if you move your hands off your ribs?*

## Follow-on activity:

*Does your body rise and fall differently when you breathe in and out through your mouth? What do our lungs do? Where are they? How can we keep our lungs healthy?*