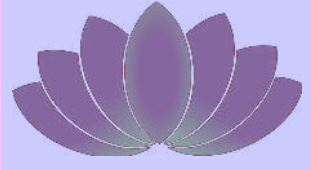


# **SLOW IT DOWN**

## **Breathing Practise**



**What You Need:**  
**Yourself**  
**A stuffed animal or small pillow**

### **Instructions**

**Step 1:** Lie down on the floor, on your stomach. You can use a mat or blanket under you if you'd like to add some cushioning!

**Step 2:** Place a breathing buddy (a stuffed animal or small pillow) on their stomach beside you.

**Step 3:** Breathe in for 3 seconds and then out for 3 seconds.

**Step 4:** Concentrate on your breathing buddy going up and down as they breathe (this helps you take deep breaths from your stomach).

**Step 5:** Do this for as long as you are comfortable and extend the time each time you practice.

**Tip:** Deep breathing from your stomach helps you calm down by slowing your heart beat!

