

Power Up to Calm Down

If you're not sure what "calm" feels like, it's awfully hard to calm your body when your feelings start to get really big. Luckily, you have a GREAT tool with you all the time – it's your breath. Let's take a minute with Riley to find our powerful calming breath!

Place one hand on your belly and one hand on your chest.

- **Breathe in** – Can you feel your hands move as that powerful breath fills your lungs?
- **Breathe out** – Feel your chest and belly push all the air out through your mouth.
- **Breathe in** – Can you fill your belly and your chest up like a big, bright balloon?
- **Breathe out** – Take a long time to blow out that big breath. Maybe even count to 10 in your head.
- **Try 3 more times, breathing in and out.** See if you can make each breath out EVEN SLOWER.



Can you teach a safe big critter how to find the same powerful breath that you found? Then you can practice together every day to keep your breath strong and find that wonderful, calm feeling.