

# Balloon Breathing



Intentional breathing is one way of soothing ourselves and helps us in being with big feelings.

Balloon Breath is a fun name for belly breathing exercise as well as an easy way to remember the exercise. It is the exercise that Khai does when he gets angry to sooth himself.

All you have to do is take a nice long deep inhale and fill your belly up like a balloon.... it helps if you count slowly in your head 1...2...3...

Then take a cleansing exhale slowly again to the count of 1...2...3...

Repeat taking slow inhales and releasing slow exhales. It should help you feel comfortable and relaxed.

This is a simple practice that we can do anywhere and anytime.

It helps introduce oxygen into your body, and the slow breathing gives your brain and body a sense of safety. The act of mindfulness and paying attention to our body, activates a self-regulation process.

You don't even have to explicitly teach this to your child - although they may enjoy exploring breathing in and blowing up their belly like a balloon

Even simply doing the breath work in front of them while you are with them has benefits. Just practicing this soothing exercise in front of our children helps calm them too. It is an easy way of role modelling mindfulness and intentional breathing

It can be an activity that both of you do together - you can audibly take long slow inhales and exhales when you're having a nice hug with your child(ren) or when you're being with them and calming them down.