Cookie Breathing

Step 1: Put your hand on your tummy, where your belly button is. Slowly breathe in and out. When you breathe in, your tummy should move out. When you breathe out, your tummy should move in. Breathe in and out like this 4 times and feel your tummy move in and out. Make sure your shoulders and chest are relaxed and still. Only your tummy should be moving in and out.

Step 2: Continue this special way of breathing, but now when you breathe in, do it through your nose for 3 seconds, and when you breathe out, do it through your mouth for 4 seconds. To help you do this, imagine a yummy batch of cookies that just came out of the oven. As you breathe in, smell those yummy cookies! But they're hot, so you have to blow on them to cool them down. As you breathe out, blow on the cookies to cool them down.

Remember:
Smell the cookies: Breathe in through your nose for 3 seconds; tummy moves out.
Blow on the cookies: Breathe out through your mouth for 4 seconds; tummy moves in.