

Belly breathing can help you feel calm.
Belly breathing can help you feel better. **Try it!**

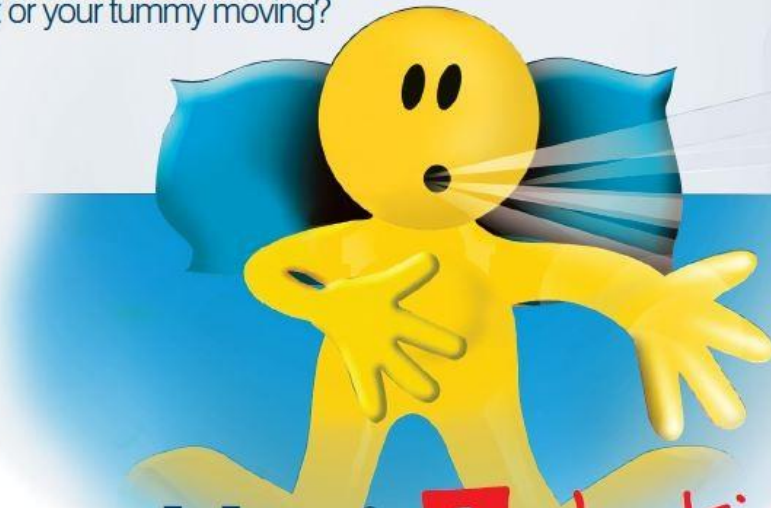


Now... take a deep breath into your tummy and feel your tummy grow and push out, the hand on your chest should be nice and still. Then, breathe out slowly and with no effort at all slowly pull your tummy in.

Finally... try this breathing until your chest is still and your tummy moves.

First... sit up straight in your chair (or lie down if you can) and make sure you are comfortable. Keep your shoulders back and let your arms flop, let your legs flop, let your whole body feel floppy.

Then... think about your breathing, put one hand on your chest and one on your tummy. Now breathe in and out slowly three times and try not to move your chest. Is your chest or your tummy moving?



Bendy Ben's Belly Breathing® **Calm Kids**®

Exercise 1 – Deep Breathing



Pretend you are a big balloon gliding in the warm summer sky.

First... close your eyes, be very still and pretend that you are holding a big balloon. It is very light and it feels very smooth.

Then... hold the string at the bottom of your pretend balloon, and feel the balloon gently rising into the warm summer sky. Each time you breathe in and out you gently glide with your balloon further and further into the warm summer sky. The deeper your breath is, the further you can travel.

Now... enjoy this feeling of floating. Enjoy the feeling of being completely free. Your body is as light as a feather and your mind feels totally empty.

Finally... take a big breath in... and as you breathe out you float back down to earth.



Bendy Ben's Big Balloon® **Calm Kids**

Exercise 2 – Relaxation



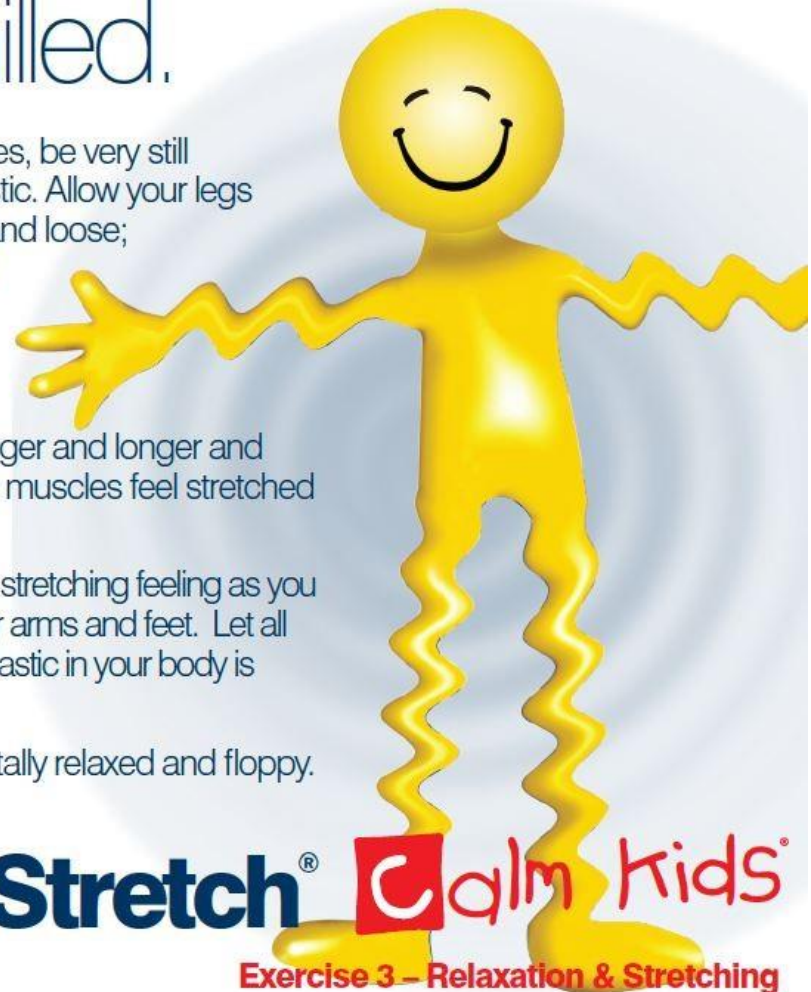
Pretend you are Stretchy Sam.
It's great fun and can help you
feel chilled.

First... stand up (or lie down) and close your eyes, be very still and pretend your bones are made of floppy elastic. Allow your legs to be floppy and loose; let your arms be floppy and loose; let your tummy be floppy and loose; and let your neck and head be floppy and loose.

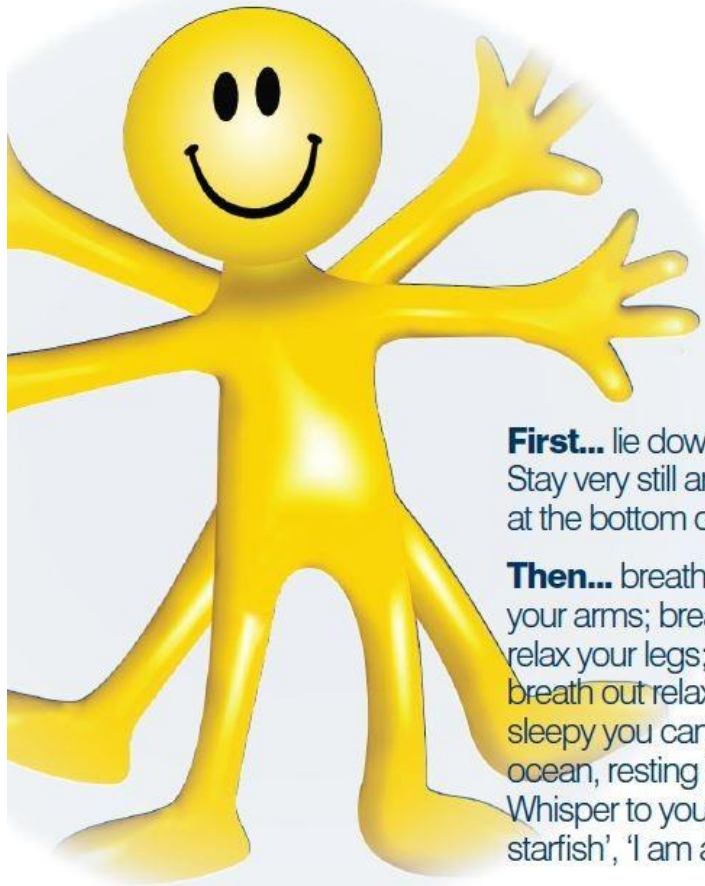
Then... pretend someone is very gently pulling your arms and someone else is gently pulling your feet at the same time. You are stretching longer and longer and your elastic bones are becoming stretched. Your muscles feel stretched out, long and tight too.

Now... take a few seconds to enjoy this wonderful stretching feeling as you grow longer. Then... ping... someone lets go of your arms and feet. Let all the bones and muscles in your body relax as the elastic in your body is released. You are a floppy piece of elastic again.

Finally... enjoy this wonderful feeling of being totally relaxed and floppy.



Stretchy Sam's Supple Stretch® **Calm Kids**®



Pretend you are a sleepy starfish at the bottom of the deep blue sea.

First... lie down on your back with your legs and arms apart. Stay very still and pretend you are a sleepy starfish resting at the bottom of the ocean.

Then... breathe in and as you breathe out relax your arms; breathe in and as you breathe out relax your legs; breathe in and as you breathe out relax your head. See how sleepy you can be at the bottom of the ocean, resting like a sleepy starfish. Whisper to yourself 'I am a sleepy starfish', 'I am a sleepy starfish'.

Now... take in a deep breath and as you breathe in, squeeze all the muscles in your body. Now, breathe out slowly and relax all the muscles in your body.

Finally... breathe in and out three more times and relax.



Stretchy Sam's Sleepy Starfish[®]

Calm Kids[®]

Exercise 4 – Breathing & Relaxation