

# Belly Breathing



It's healthy for your body to learn how to relax!  
You can learn how to relax by practicing *Belly Breathing* and relaxation exercises.

## What is Belly Breathing?

The more air I breathe in, the farther it can go in my body, and the more relaxed I will feel. When I push my diaphragm down, it makes my tummy go out, and my lungs get bigger.

## When we Belly Breathe, we want to move our tummy in and out.

1. Place your hands on your tummy.
2. Keep your shoulders down.
3. Feel your tummy move in and out as you breathe.
4. Air in – tummy out.
5. Air out – tummy in.



## Sometimes it's easy to do Belly Breathing on the floor.

1. Lay on your back.
2. Place the *Belly Button* on your tummy.
3. Keep your shoulders down.
4. As you breathe in, your tummy moves up (out).
5. As you breathe out, your tummy moves down (in).
6. Now, practice breathing in for three seconds, holding your breath for three seconds, and breathing out for three seconds. Repeat five times.



## When can I use Belly Breathing?

- |                            |                        |
|----------------------------|------------------------|
| 1. If I'm talking too fast | 5. When I get mad      |
| 2. At speech class         | 6. When I feel scared  |
| 3. At night in bed         | 7. When I feel worried |
| 4. At my desk in class     | 8. Watching TV         |



## Funny Face Relaxation Activity Script

Close your eyes.

Take three long and easy *Belly Breaths*.

Crinkle your forehead for three seconds.

Let it go.

Scrunch up your cheeks for three seconds.

Let them go.

Press your lips together for three seconds.

Let them go.

Push your tongue tightly against your top teeth for three seconds.

Let it go.

Pat your cheeks with your hands for three seconds.

Tap the top of your head with your fingertips for three seconds.

*Belly Breathe* three times as you open your eyes.



## Count to Ten Relaxation Activity Script

Gently and slowly count to ten (1, 2, 3, 4, 5, 6, 7, 8, 9, 10). Take a long *Belly Breath* as you say each number in your mind. This allows the brain to stop thinking about the problem and think only about the numbers.

1...2...3...4...5...6...7...8...9...10



## Tight and Easy Speech Machine Relaxation Activity Script

Breathe in and out through your mouth – quietly, but as hard as you can. Repeat three times.

Breathe in and out through your mouth easily and gently. Your lungs and diaphragm are relaxed with just the right amount of muscle tension.

Say “out” pushing your vocal cords as hard as you can. Try it three times.

Say ou—t moving easily and relaxed as you say the word. Try it three times.

Push your lips together to say “pie.” Push the word out as hard as you can, making your lips tight. Try it three times. Now, touch your lips easily and relax as you say “pie” three times.

Put your tongue between your teeth and very tightly say “think” three times.

Now, gently place your tongue between your teeth. Relax as you say “think” three times. Feel how relaxed your tongue is while you’re blowing the sound through your teeth.

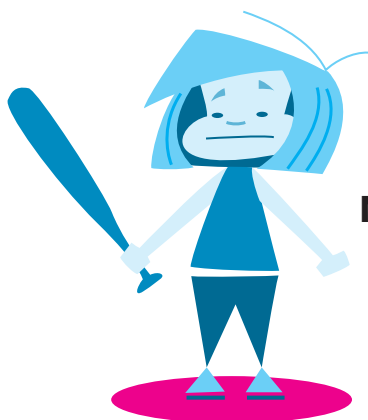
Put the tip of your tongue on the top of your mouth. Say “table” as tight as you can three times. Now say “table” easily and gently.

Say “candy” as hard as you can three times. The back of your tongue is very tight. Now say it three times, but move the back of your tongue easily and gently.

Say “cheese” and make the sides of your tongue as tight as you can. Now say it three times easily and gently.

All the parts of your *Speech Machine* can learn to move easier and be more relaxed.

That way, they will work the way they are supposed to.



**Not too tight!**



**Not too loose!**

## Head, Shoulders, Knees, and Toes Relaxation Activity Script

Close your eyes. *Belly Breathe* three times.

Imagine you're sitting in a super-comfortable chair.

Your whole body feels heavy as you sink into the super-comfortable chair.

Tighten your whole face as you sink into the super-comfortable chair, then relax your face.

You're feeling heavier in the super-comfortable chair.

Lift your shoulders to your ears as you sink into the super-comfortable chair, and then relax your shoulders.

Suck your tummy in tight as you sink into the super-comfortable chair, and then relax your tummy.

You're sinking deeper into the super-comfortable chair.

Tighten your right arm – keep the rest of your body relaxed as you sink into the super-comfortable chair, and then relax your right arm.

Tighten your left arm – keep the rest of your body relaxed as you sink into the super-comfortable chair, and then relax your left arm.

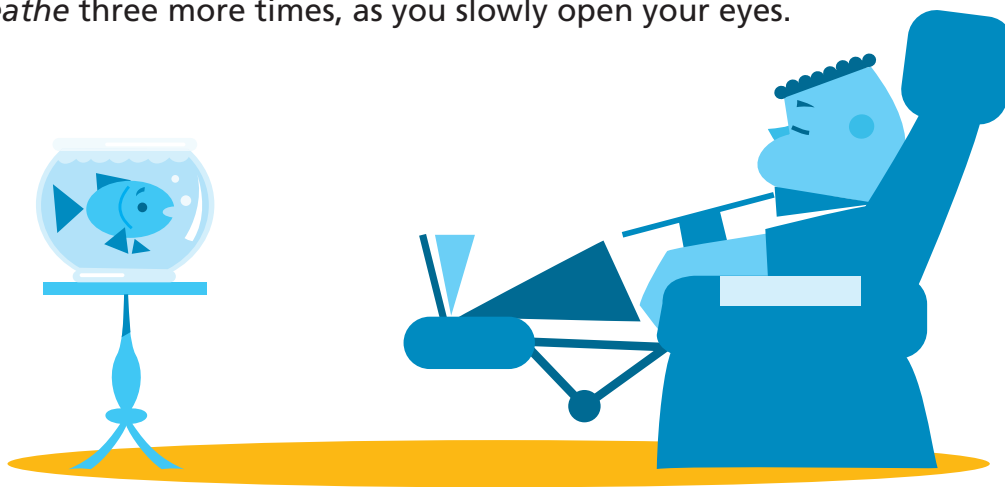
You are now sitting in the super-comfortable chair like a floppy puppet.

Lift your right leg – make it super-tight – then let it drop.

Lift your left leg – make it super-tight – then let it drop.

Now, your whole body feels loose and relaxed.

*Belly Breathe* three more times, as you slowly open your eyes.



## Shake, Jiggle, and Flop Relaxation Activity Script

Gently shake your left leg.  
Gently shake your right leg.  
Gently shake your left arm.  
Gently shake your right arm.  
Gently jiggle your head side to side.  
Now, gently jiggle all your body parts.  
Flop to the ground and take a deep breath.



## Breath Count Relaxation Activity Script

*Belly Breathe* in for a count of four.  
*Belly Breathe* out for a count of four.  
Continue to breathe in for a count of four and out for a count of four, repeating four times.

## Hold Your Breath Relaxation Activity Script

*Belly Breathe* as you inhale for a count of five.  
Hold your breath for a count of five.  
Exhale for a count of five.  
Repeat this exercise five times.  
See if you can do the exercise longer than a count of five.



## Yoga Stretch Relaxation Activity Script

Gently sit on your knees.

Bend forward from the waist and lay your head and arms on the ground.

Take a deep *Belly Breath* in and let it out. Stay in this position for a minute or two.

Breathe in through your nose and out through your mouth.

Stand on both feet.

Bend your knees slightly.

Reach your hands to the ground.

Place your hands on the ground.

Gently push your heels toward the floor.

Gently push your hips toward the ceiling.

Breathe in through your nose and out through your mouth.



Stand straight like a tree.

Extend your arms up over your head.

Reach for the stars.

Feel your body stretch.

*Have your students try their own stretching positions. Let them find a stretch that helps them relax or that feels comfortable to them. Remind them not to stretch to a point of discomfort.*

## Positive Affirmation Activity Script

Encourage your students to say positive things about themselves.

Have the students write down a few sentences in a journal.

Then, they should choose one and repeat that affirmation everyday at the beginning of the day.

