

# Relaxation Breathing Exercises

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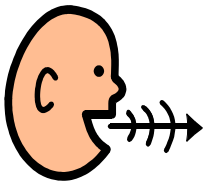
**Sit up straight with both feet flat on the floor**



**Relax your body.**



**Slowly inhale through your nose (fill your belly up with air)**



**Slowly exhale through your mouth (empty your belly slowly)**

**\*Wait a few seconds and repeat**

**\*After you are able to focus on breathing try to speak slowly while exhaling**