

How To Breathe Deeply

1)



Calmly take a deep breath

2)

**Hold your breath for a count
of 3**

1.....2.....3

3)



**Let your breath out as slowly
as you can. While letting
your breath out, think about
the word CALM. Try to feel
CALM.**

**Do this exercise 2 or 3 more times until you feel
yourself calm down!**