



BREATHING BALL

CALMING & REFOCUSING STRATEGIES

HOW-TO DIRECTIONS

Procedure

- Relax in a comfortable position with your hands on your stomach
- Slowly inhale through your nose feeling your stomach expand like an inflating ball
- Slowly exhale through your mouth, imagining the ball deflating
- Repeat for a set number of repetitions, amount of time, or until you are feeling calm and refocused

Modifications

- Sit comfortably in a chair, on the floor, or stand
- Use your imagination or move your hands to help picture an inflating and deflating ball



VIRGINIA
Chief Movement Officer



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