

Teddy Breathing



Teddy Breathing Technique

Lie down on your back, on the floor. Place a teddy or other soft object on your tummy. Close your eyes if you like. As you inhale and exhale, feel the teddy rise and fall with the rise and fall of your belly. Rock the teddy gently to sleep using this movement. Ask your friend if you can watch them doing this activity, so that you can see the teddy going up and down.