



**BALLOON BREATH**

*Felix knows deep breaths are a great way to feel calmer. I call these breaths Birthday Candle Breaths because the breath IN is called a BALLOON BREATH and the breath OUT is called a BIRTHDAY CANDLE BREATH. Felix takes a deep breath in through his nose. The air fills his belly until it pops out like a balloon. Then he puts his lips together and blows out the air like he's blowing out a birthday candle. Can you take some Birthday Breaths with Felix?*



**BIRTHDAY BREATH  
STATION**

*Draw a picture of yourself taking birthday breaths.  
Balloon Breath In.  
Birthday Candle Breath Out.*