The Curious Minded Tween Deep Breathing Experiment

**Deep Abdominal Breathing**

Deep breathing is used in general for relaxation, to improve energy and relaxation. It should be done in the morning as you wake up and at night.

1. Pick a comfortable position, sitting, standing or lying on your back. Make sure that your feet are flat on the floor and your back is straight.

2. Exhale all the air you have in your lungs, don’t force it, just release and pull your “stomach” in.

3. Slowly inhale through your nose, expanding your stomach, let the breath completely fill your lungs.

4. Exhale completely, releasing all the air from your stomach.

5. Do a series of 7 breaths. Rest for 2 minutes and then repeat 2 more times.

**Alternating Nostril Breathing**

This is a really fun breathing technique that can settle your emotions and relax your body.

1. Sit in a comfortable position in a chair or on the floor. Press the thumb of your left hand against the left side of your nose blocking the air passage.

2. Breathe in through your right nostril slowly for five counts. Make sure your stomach expands!

3. To breathe out, use your index finger to close your nose on the right side. Breathe out of the left nostril for a count of five.

4. Now, breathe in through the left nostril, press the thumb over your left nostril, and breathe out through the right nostril.

5. Alternate and repeat five times, alternating inhalations and exhalations from left to right.

**Bunny Breath**

1. Sit on your knees, roll your shoulders back and sit up straight.

2. Tuck your chin in slightly and relax.

3. Massage your nose by twitching it like a bunny.

4. Take 4 to 6, short, quick breaths in through your nose.

5. Breathe out through your mouth with a long, smooth sigh,

6. Increase the number of inhalations and slow your exhalation down so you can feel the mental massage as the breath is released.