Relaxation Breathing Exercises
Created by: Danielle Hamberg, MA-CCC/SLP. Lower Moreland School District

- Sit up straight with both feet flat on the floor
- Relax your body.
- Slowly inhale through your nose (fill your belly up with air)
- Slowly exhale through your mouth (empty your belly slowly)

* Wait a few seconds and repeat
* After you are able to focus on breathing try to speak slowly while exhaling