Deep breathing can help me feel better 

I can try:

* **Bumblebee breathing** 

(Breathe in through nose and hum for out breath)

* **Bubble breathing** 

(breath in through nose and blow through wand to make bubbles)

* **Belly breathing**

(lie on back with toy on belly and make toy move up and down with breath – breathe in, belly rises… breathe out, belly lowers)