

## Belly Breathing

Try this guided meditation by [GoZen](https://gozen.com/) <https://gozen.com/> with your child to help them practice more belly breathing.

Breathing deeply helps us feel calm and relaxed.

Ask your child what parts of their body move? Ask them how they feel after?

Recommended 6+ years

<https://www.youtube.com/watch?v=UxbdX-SeOOo&t=1s>