

## Deep Breath Like a Blowfish!

Follow along to this short video and practice how to deep breathe like a blowfish. Taking a big deep breathe in and filling up your lungs, then breathing out slowly.

We can become masters of deep breathing if we practice every day and this can help us relax and feel calm.

Recommended for ages 5+

<https://www.youtube.com/watch?v=gLbK0o9Bk7Q>