

# Breath Detective



**Place one hand on your lower belly,  
below the belly button.**

**Place the other hand on your upper  
chest.**

**Which part of the body is moving more?**

**Now place both hands on the lower  
belly and take 5 slow breaths in and out  
here. Breathing in through the nose.**

**Breathing out through the nose. With a  
slow, even pace.**