

# Straight back, soft belly

**Take a breath.**  
**Notice your in-breath.**  
**Notice your out-breath.**  
**Feel your belly fill like a balloon when you inhale.**  
**Feel your belly empty when you exhale.**  
**Remember to return to noticing your breathing if your mind starts to wander.**  
**Ka pai e hoa!**

Hā ki roto

Hā ki waho



[pausebreathesmile.nz](https://pausebreathesmile.nz)

Pause  
Breathe  
Smile



Brought to schools  
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