

## Tummy Buddies!

1. Choose a soft toy that you can balance on your tummy and ask your grown up to put some gentle music on.
2. Take your shoes off and lie down so that you are comfortable.
3. Put the toy on your tummy.
4. Breathe in. While your grown up counts to 3, breathe in through your nose so your tummy gets big and your toy goes up in the air.
5. Breathe out. While your grown up counts to 4 breathe out through your mouth so your tummy sinks and your toy sinks down.
6. Repeat this 10 times. Can you rock your tummy buddy to sleep so they feel completely safe, calm and relaxed?

