



American Heart Association.

KIDS
HEART
CHALLENGE™



Breeze likes nothing more than a big breath of clean air. When feeling stressed, sometimes Breeze will use “belly button breathing” to relax. It’s easy to do, just close your eyes and focus on moving your belly button up and down by taking deep, slow breaths. What is your favorite way to relax when feeling stressed? Write or draw a picture of what you do.
