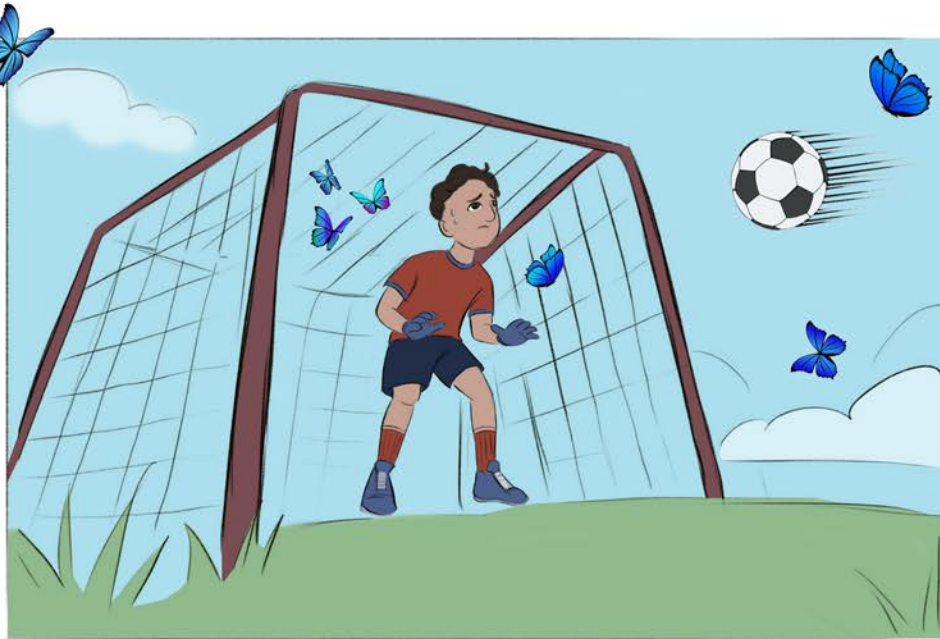



BUTTERFLIES PLAY THE GAME TOO


Why do you get butterflies in your stomach? 



Your brain and your body are connected. When you're calm, your brain can sense it and your body, muscles, and stomach are relaxed. But when you're nervous, like before an important game or try out— your brain can sense that too.

To help you, your brain prepares your body for action by sending blood and oxygen away from your stomach to your hands and legs. This lack of oxygen in your stomach causes a fluttering feeling—like butterflies kicking! This might even make you feel sick but it's perfectly normal. 

Since your brain prepares your body the same way when you are excited, imagine that your butterflies are excited to play the game too!

 Deep breathing—in through your nose and out through your mouth— brings oxygen back to your stomach and can help you get those butterflies out.



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