

HOW TO HOLD YOUR BREATH:

ONE

take your right hand
use your index finger and your thumb
to pinch your nostrils shut

TWO

take your left hand
place the palm over your mouth
use lots of force to make sure
no air can come in or out

THREE

make your lungs stop moving

NOTE

if you are my mother don't worry about steps ONE through THREE you
know how to hold your breath without doing anything at all