



BREATHING EXCERCISES



BLOWING A FEATHER

You will need:

- A feather
- A string (optional)

Method:

- Your child or you can hold the feather in the hand, put it on the table or floor or lay on the back
- Encourage your child to blow the feather and observe the movements
- Encourage your child to blow the feather with different intensities
- You can also try tying the feather on the string.



BELLY BREATHING

You will need:

- A teddy bear or a soft toy

Method:

- Encourage your child to lay on the back
- Show the soft toy you will be using
- Place the toy on your child's belly
- Encourage your child to observe the toy moving up and down while breathing



BLOWING BUBBLES IN SOAP

You will need:

- A straw
- A bowl with soapy water. You can use nice smelling soap for additional sensory experience

Method:

- Encourage your child to blow bubbles with a straw
- Encourage your child to take a deep breath and blow, then to experiment with different intensity breaths
- Try touching and smelling the bubbles with your child



BLOWING COTTON BALL

You will need:

- A straw
- Cotton balls
- Table markers

Method:

This activity can be set in different ways and can be a competition between family members:

- Mark the beginning and the end. Who can blow the cotton ball over the finish line faster?
- Blowing the cotton ball through the maze
- Blowing the cotton ball into marked area

