

Promoting Breath Awareness for Kids...



By Tere Bowen-Irish OTR/L *May be reproduced for instructional purposes

- Place hands on belly, inhaling through the nose, inflating the belly and deflating, drawing the belly button towards the spine.
- Practice exhalations by inhaling and blowing on a pinwheel
- Use a straw to pick up a cotton ball or blow it across a table
- Party blow toys are wonderful to help with gradation of exhalation
- Whistles, harmonicas, kazoo's can enhance awareness of breathing
- Watching an adult blow up a balloon, letting the air out slowly and completely
- Practice letter sounds that can be long and strong such as L, M, S
- Have child put a favorite item on their tummy, such as a small toy, stuffed animal or small pillow, inflating and deflating
- Hold the edge of a tissue with your index finger and thumb, hold it 3-4 inches from the mouth, inhale deeply and exhale through the mouth, making the tissue blow. See how long you can make your breath.
- Blow bubbles through a wand, slowly, try to make them bigger and bigger
- Chew sugarless bubble gum and practice blowing bubbles
- Use a small hand held mirror, have child hold it under their nose, inhaling, then exhaling fogging up the mirror.
- Inhale, inflating the belly and exhale with a long shhhh sound.
- Inhale with 5 quick breaths, exhale long and strong.
- Place some paint on a paper, make firework designs by blowing with a straw. Change colors, mix and match
- Have child practice blowing light items towards a taped line e.g. cotton balls, tiny pieces of paper, light cereal, etc.