

The Wild Exchange

BREATH AWARENESS EXERCISES FOR KIDS



1. Bubbles in a Cup

Half fill a cup of water, place a straw in. Fill your body with air and blow bubbles for as long as you can. You can also make this fun by blowing the biggest bubbles, the smallest bubbles, the quietest bubbles etc.

2. Dancing Leaf

Find a soft leaf in the yard. Hold it a few cm's from your lips and gently blow on the leaf to see if you can make it dance in the breeze of your exhale. You can try taking little fast breaths, long slow breaths, gentle breaths and strong breaths!

3. Rock Breathing

Place a rock on the centre of your belly. See if you can breathe so deeply that your rock goes up and down. Concentrate to make sure your rock doesn't fall off!

4. Bubbles in the Breeze

Use a bubble wand to blow bubbles into the room (ideally a breezeless room). Without touching the bubbles can you blow them up to keep them off the ground? Or maybe there is a door you could try to guide them through using your breath.

5. Feather Fingers

Holding one hand up with fingers spread wide, trace the outside edges of your fingers using a feather. As you inhale the feather traces up the outside of a finger, and as you exhale the feather traces down the other side of your finger. Follow all five fingers from one side of your hand to the other.