

Breath Play

- ❖ **Bubbles** – Blow bubbles in individual containers on mat, not using a machine.
- ❖ **Feather Breath** – Hold a feather in front of you, breathe in. Blowing out, pretend you're blowing out birthday candles. Ask them if they saw the feather move when as they used their breath to breathe out.
- ❖ **Breathing ball** (this is what your breath is doing in your body). Breathe in expand, breathe out contract.
- ❖ **Hot air balloon** – Sitting down with your legs crossed, bring your hands to cup your mouth. Take a deep breath in, and blow up your hot air balloon. Move your balloon back and forth.
- ❖ **Dragon Fire** – Criss cross your fingers and put them underneath your chin. Breathing in frame your face, breathing out do a big fiery dragon breath to the sky.
- ❖ **Pinwheels** – Breathe in, and breathing out make the pinwheel move.
- ❖ **Count to five** – Count to five as you breathe in, count to five as you breathe out
- ❖ **Hot Chocolate** – Imagine you're holding a cup of hot chocolate. Say, "It's much too hot to take a sip, so we'll have to blow on it. Bring your cup close, breathe in, and gently blow towards your cup. Take a sip! Mmm...make that sip last as long as you can."
- ❖ **Rainstorm** – Rub your hands together to make the sound of the wind. Tap your index finger and thumb for raindrops. It's pouring so hands on your lap and go faster and fast, clap for lightning. Thunder...stomp your feet. Hands on your lap fast and faster. Now slow it down. Now it's just raindrops. The rain is slowing down. Rub your hands together for wind. Slow down and stop.
- ❖ **Snake Breath** – Sit up tall and breathe in. As you let it out, hiss like a snake for as long as you can.
- ❖ **Bumblebee** – Sit up as tall as you can. Make bumblebee wings as you stick them to the sides flapping up and down. Bring up your wings, and bringing them down buzz like a bee! Move each wing, and do it again!
- ❖ **1-2-3 Clap** – Shake your body and now hold still. When I count to three you clap once. Rub your hands together. Put them over your cheeks and deep breath in and out. Repeat with your heart, eyes, etc.
- ❖ **Bunny breath** – Sit up tall and hold your body still. Pull your belly in and take in quick breaths like bunnies as you put your bunny hands in front of you. Grab a carrot for a snack. Put one hand on your belly and breathe in like a bunny. One last time....let it all out.
- ❖ **Wake up your face** – Sit up tall, open your eyes wide and blink three times. Wiggle your eyebrows, wiggle your nose like a bunny, wiggle your cheeks, open your mouth, wiggle your jaw, stick your tongue out and wiggle. Can you make a fish face? Wiggle your head around and roll it around. Hold still. Sit up tall and one long breath, let it go.

- ❖ **Twister** – Sit up tall and pull your belly in. Put your hand on your left leg, and breathe in. As you breathe out twist! Do it one more time, and now the other side.
- ❖ **Hot Soup** – Sit up tall and hold your body still. Pull your belly in and pretend you're holding a hot cup of soup. Breathe in, and as you breathe out say it's h-h-h-h-h-o--t. Put your soup down
- ❖ **Shoulder Squeeze** – squeeze your shoulders up to your ears, breathe in, and let it out as you breathe your shoulders down. Roll your shoulders in a circle, and put them down.
- ❖ **Gentle Neck Stretch** – Shake your head like you're saying no, then nod like you're saying yes. Let your head fall to one side, now forward and down, now go to the other side. Make a circle, and then the other way. Come back to center, sit up tall, take a deep breath in, and out.
- ❖ **Arm stretch and wiggle** – Clap your hands one time, clasp your fingers together, stretch out as far as you can. Take a deep breath in, let it out, and round your back. Let your hands go, and give your arms a good wiggle.
- ❖ **Catch a bubble with your mouth**
- ❖ **Lion** - Come down onto your knees, sit back on your heels. After three you're going to stick out your tongue, and make your eyes wide and your hands wide. Ready, 1...2...3...
- ❖ **Candle breath** – Bring your hands together in front of you, with your index fingers pointing up. Take a deep breath in, and as you blow out, gently blow out the flame in front of you without blowing it out. At the end you can pretend they're birthday candles, blowing them all out.
- ❖ **Tumble Dryer** – Bring your fingers in front of your mouth, pointing each way. Blow on it and move your fingers in a circle.