

Blowing bubbles

Encourage them to take a big breath in and blow gently through an 'O'-shaped mouth. Repeat three to four 'blows', as their technique improves, encourage your child to breathe out for longer.



Blow painting

Place some spots of paint on a piece of paper and then ask your child to blow into a straw as close to the paint as possible. This should move the paint across the paper in different directions to make a picture. Warning: this can get messy!



Follow the maze

If your child can blow out through a straw for more than 4 seconds, see if they can make a small object, such as a ping-pong ball or a feather go through a maze. Use tape, draw lines or use junk modelling to make a maze.



Blowing games are great fun but they also help with children's health.

- They encourage children to take a bigger, deeper breath in and to learn to breathe out in different ways.
- They help children learn how to regulate themselves by gaining control of their breathing and helping them calm down.

Cotton wool football with a straw

Place a box on its side to make a 'goal'. With the cotton wool on the table, take a big breath in and blow through the straw to blow the cotton wool across the 'pitch' into the goal. How many goals can you score?