

# Specialist Paediatric Outreach Respiratory Team (SPORT) Breathing Control



This is a technique taught by physiotherapists to encourage relaxed diaphragmatic breathing (breathing from the bottom of your lungs).

**Step 1:** Sit upright and comfortable. Relax your shoulders and make sure that you're looking forwards.

**Step 2:** Place one hand on your chest and one hand on your stomach.

**Step 3:** Gently breathe in through your nose and out through your mouth.

**Your hand on your stomach should move upwards more than the hand on your chest when you breathe in.**

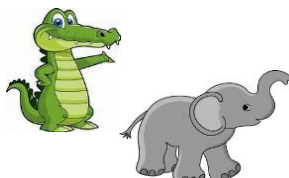


**Tip**

Breathing control is difficult to do when you are breathless. If you practice whilst you're not breathless it becomes easier for when you are!

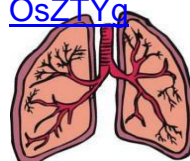
### Ideas for Younger Children

- Crocodile Breathing
- Elephant Breathing
- Belly Breathing!\_ <https://www.youtube.com/watch?v=ykhMJU7bYLo>



### Ideas for Older Children

- Diaphragmatic Breathing Technique\_ <https://www.youtube.com/watch?v=0Ua9bOsZTYg>



If you need any further information, please contact: **01282 803587**