



# Paediatric Physiotherapy Team

## Breathing / Blowing Games

- These are ideas of fun activities to help your child take some bigger breaths which may help them to clear their chest.
- It is important for your child to have regular rests to ensure they do not become too breathless or tired. We recommend 3-5 minutes of blowing activities at a time. Please stop doing the activity if your child does become breathless, starts excessively coughing or develops a wheeze.
- If your child has a salbutamol inhaler, make sure that they have access to this and their spacer.
- Please ensure for any activity that you supervise your child, that exercise is completed safely and all equipment/ resources you may use are in good condition and you follow manufacturer's guidelines.



### Why do 'breathing games'?

- Take a bigger, deeper breaths
- To move and clear phlegm from your lungs

### Hydration

It is important to drink regularly to keep secretions from becoming too thick.



Try this!

Read the story of the Three Little Pigs

Can you join in with the Big Bad Wolf to 'Huff' and 'Puff' and 'Blow all of the houses down?'



# Breathing Games:

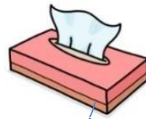
**Blowing Bubbles**



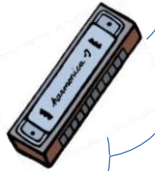
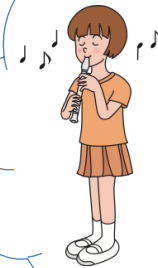
**Blow Painting/ Pens**



**Blow under a tissue to get it to lift up**



**Music Toys**



**Water Bubbles**

Place a straw in a cup of water and blow as many bubbles as you can!



**Cotton Wool Football/ Shepherding Sheep into Pen**



**Windmil**



**Tower Tornado**

Can you blow the plastic cups tower down with a straw?  
How many blows does it take?



**General Exercise**

