

Breathing Games

Information for patients, parents and carers

What do they do?

The aim of breathing games is to promote deep breaths and fill the lungs with air. The extra air can also get into the airways behind secretions and help to move them.

There are a number of different breathing games available. The physiotherapist will advise which ones may best suit your child, or you can experiment and see what your child enjoys most.

Bubble pep: Fill a glass to approximately a third full- place the glass in a bowl as it will get messy. You can add some washing up bubbles and some food colouring for extra messy fun. Using a straw or some tubing, and blow some bubbles (be sure you instruct your child to blow, not suck).

- How long can you keep making the bubbles?
- Can you overflow the glass with one breath?
- Complete a set of three long breaths blowing bubbles and rest until your breathing returns to normal, then repeat until a cough is generated.



Blowing bubbles: Nice and simple and lots of fun. Using a pot of bubbles, you can:

- See how many bubbles your child can blow with one breath.
- See how big of a bubble they can blow by using a slow controlled breath.
- Make it more of an active game by blowing bubbles to your child and they try and blow the bubble back towards you.

Whistle blowing: Using a whistle, party horn or similar instrument, make some noise

- How long you can keep the sound going for to encourage deep inhalation.
- How quiet you can make the horn go?
- How many short whistle blasts can you make?



Blow painting: Perfect for those budding artists (Again, remember to blow, do not suck)

- Using some child safe paint, add a small amount of washing up liquid.
- Gently blow through the straw until the bubbles reach above the top of the cup.
- Place a piece of paper over the bubbles to design your own piece of art.





Blow football: Using ping-pong balls or cotton wool balls

- Set up on a flat surface.
- Use toys or objects to create a goal.
- How far can you dribble the ball with one breath?
- Can you score a penalty?
- Challenge your family to a tournament and see who is the blow football champ

Cotton wool huffs: Using cotton wool balls and some tubing

- Place the cotton wool ball in the end of the tubing and huff hard to fire it out.
- Can you make a target and see if you can get the bull's-eye?
- Play with a family member to see who scores the highest score.



Steaming up your mirror: Take a nice deep breath in and steam up your mirror as you breathe out

- Can draw a nice picture?
- You could leave a message for a family member to see later.
- How many breaths does it take to steam up the mirror?

Remember, sport and exercise

Activity, sport and exercise are a great way to encourage you to take deeper breaths if you already know what you enjoy, that's great- go, and have fun. If you would like information on sport and exercise, speak to your physiotherapist for personalised advice on activities that would be suitable for you.

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