

# Breathing Activities

## Feather Breathing

**Purpose:** Feather breathing helps students become more aware and in control of their breath.

### Preparation:

You will need:

- Bendy straws
- Feathers

### Instructions for seeing your breath:

1. Rest a single feather in the open palm of your hand, holding it just below the chin.
2. Breathe normally.
3. Watch the feather closely and notice how it moves. You are observing your inhale and exhale as the feather moves.

### Instructions for experimenting with exhalation:

1. Hold the feather upright, placing the stem between your thumb and index finger.
2. Notice how the feather has soft, light plumes, while other parts of the feather are stiff.
3. Use your breath to move only the soft parts of the feather.
4. Now use your breath to move the stiff parts.
5. What do you notice? How do you feel?
6. Play around and notice which parts of your body move when making the different breaths. Where does the breath originate? Which parts of the body relax or contract? Which exhale makes you feel good?

### Instructions for The Feather Storm:

1. Feather Storms are fun to play with your friends. You will need two or more people, one straw for each person, and a small or large pile of feathers to place on the floor between you.
2. Lie on your bellies in a circle on the floor with the feathers scattered in the middle.
3. Blow through the straws, aiming at the feathers to make them rise up and swirl around.
4. Can you keep the storm blowing? Can you work together to make sure none of the feathers fly outside of the circle? Does one type of exhale help you play the game better?

Adapted from:

<https://www.yogifrogzkids.com>