

Breathing Activities

Snorkel Breathing

Purpose: To strengthen the diaphragm by allowing it to have a wider range of motion. Straw breathing exercises, like Snorkel Breath, can be beneficial for the diaphragm and breath. It enables the diaphragm to relax and contract harmoniously, with a wider range of motion. Other breathing muscles are also positively influenced, thus allowing a more complete exhalation and spontaneous inhalation.

Preparation:

You will need:

- Bendy straws

Instructions:

1. Bend the straw into the shape of the snorkel.
2. Take a full breath in through your nose. Once you have inhaled, place the straw in your mouth (with the short, bent side in your mouth) and gently close the lips around it.
3. Slowly exhale through the straw.
4. Once your exhale is complete, remove the straw and breathe normally for a couple of cycles before repeating.
5. Practice snorkel breath for a few rounds. Ensure that students take breaks in between rounds to resume normally breathing before starting snorkel breath again.

Modification:

1. Straw breathing exercises help reduce anxiety and reduce the potential for panic situations if practiced on a regular basis. *Note: Not to be used as a coping method for emergency panic situations.*
2. If a student is having difficulty breathing inhaling deeply, have them complete the straw exercises lying down on their backs. This will help strengthen the pelvic muscles resulting in breathing deeper and more fully.

Safety Concern:

Stop the exercise if someone feels lightheaded or faint. Students should breath normally between straw activities and gradually build the number of times they use the straw to breathe.

Adapted from:

<https://www.yogifrogzkids.com>