

Make a “progress poster”; give rewards for drinking a predetermined quantity.

## Deep Breathing

Blow bubbles with a bubble blower.

Blow bubbles with a straw (no soap).

Blow on a pinwheel, feather, whistle, harmonica, balloon, or party blower.

Practice band instruments.

Have a blowing contest using balloons,\* boats, cotton balls, feathers, marbles, ping-pong balls, pieces of paper; blow such objects on a table top over a goal line, over water, through an obstacle course, up in the air, against an opponent, or up and down a string.

Suck paper or cloth from one container to another using a straw.

Dramatize stories, such as “I’ll huff and puff and blow your house down” from the “Three Little Pigs.”

Do straw-blowing painting.

Take a deep breath and “blow out the candles” on a birthday cake.

Use a little paint brush to “paint” nails with water and blow nails dry.

## Range of Motion and Use of Extremities

Throw beanbags at a fixed or movable target or throw wadded-up paper into a wastebasket.

Touch or kick Mylar balloons held or hung in different positions (if child is in traction, hang balloon from a trapeze).

Play “tickle toes”; have the child wiggle them on request.