

BREATHING EXERCISES

"Hot Chocolate Breath"

hot chocolate
Breathing



Breathing
TECHNIQUE

(1) Hold out your
Hands like you're
Holding a mug of
Hot chocolate.

(2) Breath in slowly
Through your nose,
Like you are smelling
The cocoa.

(3) Breath out slowly
Through your mouth,
Like you are trying to
Cool the hot chocolate
Down.

→ REPEAT ←

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"Hum like a Bee"

- * Breath in
- * Breath out with your mouth closed, while you hum like a bee.
- * Repeat this breathing sequence for a few minutes.



SPEECH DRILLS

Fuzzy Wuzzy was a bear,
Fuzzy Wuzzy had no hair,
Fuzzy Wuzzy wasn't fuzzy,
Was he?



Victor drove his van,
Very very fast,
Five policemen chasing Victor,
Said you're caught at last.

Pitter patter,
Pitter patter,
Listen to the rain!
Pitter patter,
Pitter patter
On my window pane.



Wishy - washy Wanda
Watched her watch
Get washed



MORNING SONG

Today is a day to catch tadpoles,
Today is a day to explore.
Today is a day to get started -
Come on! Let's not sleep any more!

Outside the sunbeams are dancing,
The leaves sing a rustling song,
Today is a day for adventure,
And I hope that you'll come along!

-By Bobbi Katz-





Illustrate this line of the poem.

Today is a day for adventure !!

Take a look at these places. Colour the places you would like to explore.

