

# Breathing Exercises

## PINWHEEL BREATHING



Take a slow deep breath through your nose. Slowly exhale through your mouth, blowing the pinwheel like you're trying to make it move as slowly as you can.



## BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace, love and happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.



## Tongue Twisters

She sells seashells by the seashore.  
If she sells seashells by the seashore,  
where are the seashells she sells  
by the seashore?



How much wood could  
a wood chuck, chuck  
if a wood chuck  
could chuck wood



All I want is a proper cup of coffee.  
Made in a proper copper coffee pot.  
I may be off my dot. But I want a cup of  
coffee from a proper coffee pot.



A big bug bit the  
little beetle  
but the little beetle  
bit the big  
bug back.





## When Dinosaurs Ruled The Earth

Brontosaurus, Diplodocus gentle Trachodon,  
Dabbled in the muds of time  
Once upon, upon.

Tyrannosaurus raised his head  
And rolled his evil eye,  
Bared his long and yellow teeth  
And bid his neighbours 'bye.  
His pygmy brain was slow to grasp  
The happenings of the day,  
And so he roamed and slew his friends  
And ate without delay.

Brontosaurus, Diplodocus gentle Trachodon,  
Dabbled in the muds of time  
Once upon, upon.

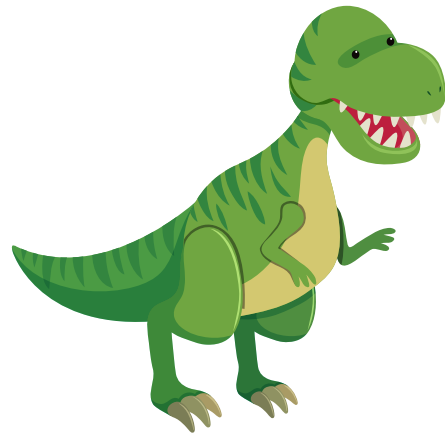
Alloaurus awed his foe  
He awed his friends who passed  
His teeth were made for tearing flesh  
His teeth were made to gnash.  
Taller than a building, Taller than a tree,  
He roamed about the swamp-filled world  
And ate his company.

*-By Patricia Hubbell-*

## Follow Up Activity

If I had a pet dinosaur it would be a

- Smart dinosaur?
- Fashionable dinosaur?
- Greedy dinosaur?
- Sporty dinosaur?



Now choose what type of pet dinosaur that you would have and fill in the blanks.

### IF I HAD A PET DINOSAUR

- My pet Dinosaur is a .....
- My Dinosaur loves to eat .....
- My Dinosaur loves to drink .....
- His three favourite things are .....  
.....  
.....
- My mom doesn't like when my dinosaur .....  
.....  
.....

**Illustrate your pet dinosaur**

A large, empty rectangular box with a black border, intended for a child to draw their pet dinosaur.