

# Breathing Exercises, Tongue Twisters and Posture Exercises

## • Breathing Exercises



- Imagine you have a wand to blow bubbles.
- Take a deep breath in through your nose.
- Slowly breathe out through your mouth as if you are blowing a bubble through a wand.
- Repeat as many times as necessary.

## Elephant Breathing Technique

Stand with your feet wide apart. Interlace your fingers in front of you. Inhale through your nose, raising your arms high above your head, like an elephant lifting up it's trunk. Exhale through your mouth as you bend forward, swinging your hands down through your legs.

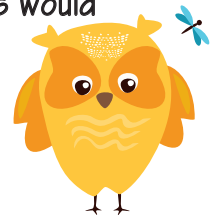


## • Tongue Twisters

She sells seashells  
by the seashore.



Peter piper picked a pack of pickled  
poppers,  
How many pickled poppers would  
Peter Piper pick?



Cheryl's cheap chip shop sells  
Cheryl's cheap chips.



Wishy-washy Wanda watched  
her watch get washed.



- Posture Exercises

Overhead Stretch



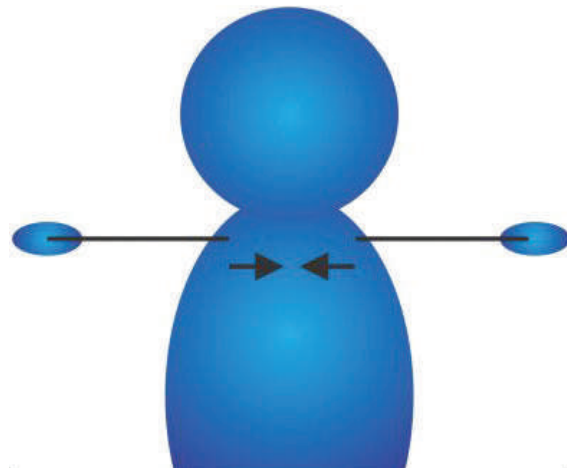
Twists



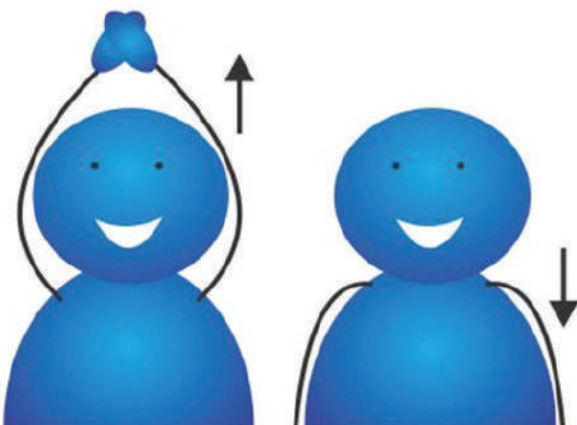
Reach and Grab



Dragonfly



Stretch and Relax



ARE YOU READY TO PERFORM POETRY?  
HERE ARE SOME THINGS YOU NEED  
TO CONSIDER

Listening ears

Bright, happy  
eyes

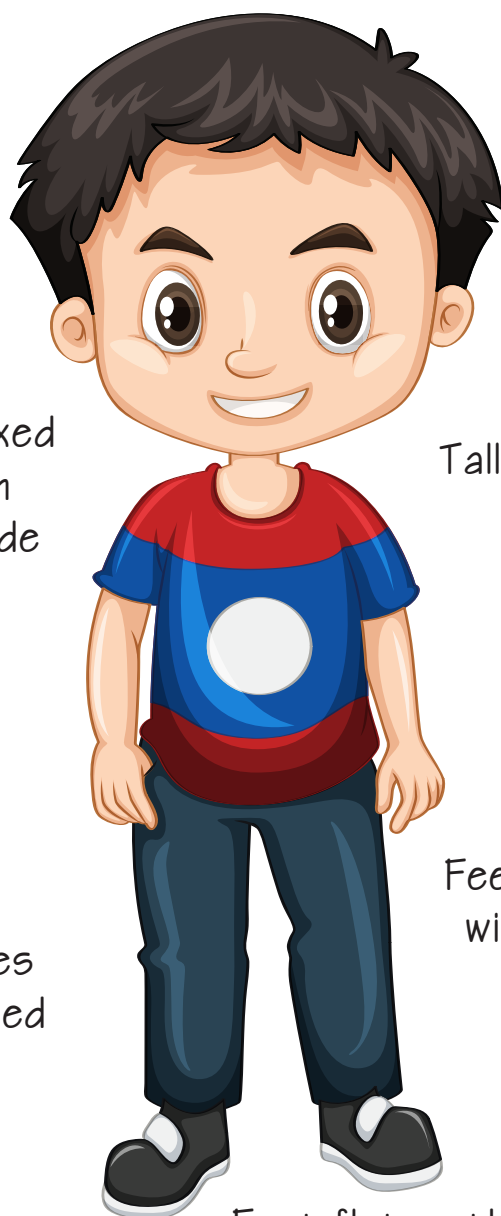
Hands relaxed  
and down  
by your side

Tall, straight  
back

Knees  
relaxed

Feet shoulder  
width apart

Feet flat on the floor



## YOU'RE SMILING

Look in the mirror and what do you see?

I see a funny face looking at me.

Turn up your nose and wrinkle your eyes,

Give yourself a big surprise.

Because you're smiling, smiling

Smiling makes you feel good inside.

Out in the world with strangers you meet,

Look at their faces and not at their feet.

Turn up your nose and wrinkle your eyes;

Give the world a big surprise.

Because you're spreading your smile

Helping the world to feel good inside.

By Leonara Davis

