



BIRTHDAY CANDLE BLOW-OUT

Purpose & Focus

The aim of this exercise is to help to move from a more upper chest breathing pattern to one that uses the full capacity of the lungs. When under stress we can move towards breathing into the top of our lungs, with little movement happening at the bottom of the ribcage.

Participants

Any number of participants.

Time Allotment

5 Minutes (or less)

Activity Level

Low

Materials

No materials required

Method

- Imagine it is your birthday and you are turning 100 years old. Out comes a cake with 100 candles on it.
- You can have the youth make a wish for something as they do it if you need to have another way for them to engage their brains.
- Take a deep breath in and fill your lungs.
- Blow out all the air in your lungs as if you were blowing out 100 candles!

Repeat at least 3 times.