



## Feather Breathing



Distribute different colored feathers to each participant and then Instruct the children to hold their feathers while taking in a deep breath. The kids will Inhale for a count of three as they feel their bellies filling with air. Then, have them slowly exhale through their noses while blowing onto their feathers. You will discuss how their breath affects their feathers. This activity can also be done using tissues, paper feathers, or windmills.