



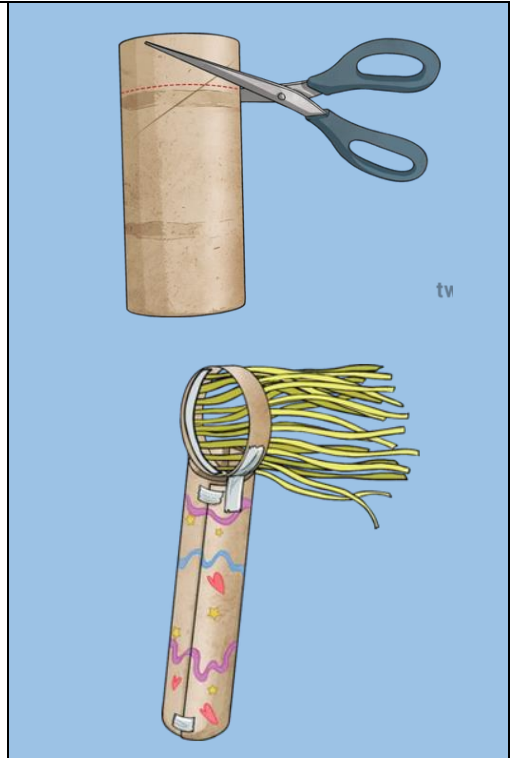
EYFS/KS1 Home Learning

Breathing Wand

Things you will need

- Kitchen roll tube
- Things to decorate the tube
- Sticky tape
- Glue
- Ribbon/string/tinsel/tissue paper

All equipment can be swapped for something else that is similar based on what you have at home.



Activity

This activity is to support with breathing exercises. Please encourage the pupils to collect their own equipment where possible.

1. Cut 3cm off the bottom of your tube
2. Decorate your tube how you like with things that you have at home
3. Glue the inside of the 3cm ring
4. Press the ribbons (or something similar) into the glue and leave to dry
5. Use your sticky tape to attach your 3cm ring to the top of the tube
6. Blow into the wand and watch your ribbons move!