



Breathing games for kids

Breathing games:

Blowing bubbles and whistles helps to move flem/spit up from the lungs to where bub can cough it out.

Huffing through a tube also helps move the flem/spit out the lungs before coughing.



Instructions:

1. Hold the bottle of bubbles and show bub how to blow gently to make the bubbles.
2. Keep blowing until they need a rest.
3. Ask bub to huff with a huff tube and then cough.
4. Repeat for _____ minutes in total.



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Produced by: Physiotherapy Department / Social Work
Ref: 1346 © CAHS 2021

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