**Action and Breath Control**

**Hints for Notes: Is the exercise relaxing? After exercise, are you using all your breath? Do you feel relaxed doing exercise?**

**Book rest.** Lie down on the floor in the classroom. Rest a book on your diaphragm (the muscle between the abdomen and the rib cage). Watch the book rise when you inhale and fall when you exhale. Continue this exercise for several minutes.

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**Observation time.** Observe closely the difference between everyday breathing and breathing while speaking. Observe inhaling and exhaling for both types of breathing by placing your hand on your stomach, just below the rib cage. Also noticed changes in upper body and lower body tension as you breathe.

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**Air release.** Breathe deeply and inhale slowly. Hold your breath and release the air slowly, counting 1 to 6. Repeat this process to see how well you can control your breathing as you say the numbers.

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**Hahaha!** Slowly inhale and hold your breath for 10 counts. Exhale on the sound of “ha”.

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**Ah!!!!!** Slowly inhale and hold for 10 counts. Exhale on the sound of "ah."

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**Snake**. Inhale as if you were about to speak. Now exhale and make the sounds of a snake ---- "s-s-s-s-s-s."

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**Pucker up!** Pucker your lips, and hold the tips of your finger in front of your lips. Quickly inhale and blow out a stream of air. Concentrate on producing a steady, smooth stream of air each time you repeat this exercise. Feel the difference in the air on your finger when there is a change in the stream of air.

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**Phrases.** Slowly inhale. Next practice saying phrases, working on your breath control. Suggested phrases are good: good morning, good luck, break a leg, nice day, good show, and thank you.

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**Using poetry for breath control.** Read Jack Prelutsky's poem "Life not been the same in my family" to practice breath control see how far you can read without taking a breath.

**Life's not been the same in my family**

Life’s not been the same in my family

since the day the new baby came,

my parents completely ignore me,

they scarcely remember my name.

The baby gets all their attention,

“Oh, isn't it she precious!” they croon,

they think she looks like an angel,

I think she resembles a prune.

They're thrilled when she giggles and gurgles,

“She burped!” they exclaimed the delight,

they don't even mind when she wakes us

with deafening screams in the night.

They seem to believe she's a treasure,

there's a simple no way I agree

I wish she'd stop being a baby

and start being older than me.

Note:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
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**Poetry scavenger hunt.** Find three other poems that would help develop your breath control.  
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