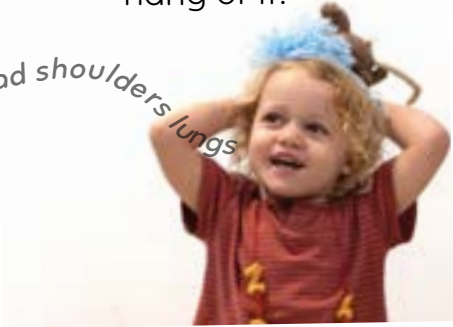


Have your little one lead the song - once they've got the hang of it!

Head shoulders / lungs



Science

Usually we breathe automatically and we don't need to think about it but we can control our breathing when we want to, such as when we take a big breath between singing the lines of a song. Singing is brilliant exercise for our lungs, making them work really hard and keeping them super stretchy and elastic.

