

40 mins

Science

Breathing exercises can keep our lungs stretchy and supple, make them more efficient and help us to relax. When blowing your baby's mobile try taking a deep breath through your nose and letting it out through a tiny gap between your lips making your out breath out as long as possible. Imagine your breath is a ribbon travelling across the room.



Cut from thick card some colourful shapes of your choice.



Tie or tape them to the strands of wool.

