

Avista

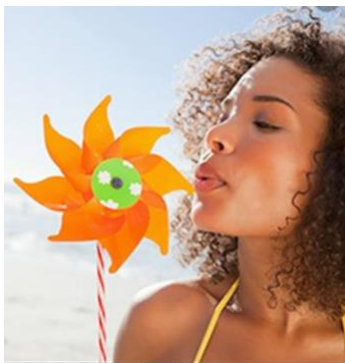
Fun Ways to Breathe Deeply Take a deep breath and blow!



Blow out candle



Blow bubbles



Blow pin wheel



Image from:

<https://www.andnextcomesl.com/2016/01/snowball-oral-motor-sensory-games.html>

Suck/blow cotton balls with a
straw
Blow them across a line
Into a box
Through a goal
To a friend



Image from:

<https://abcdoes.com/>

Suck/blow ping pong balls
with a straw
Across the table
Through a goal
Into a box
To a friend



Blow Dragon fly whistles



Blow Whistles