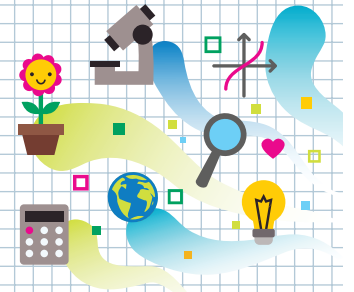




HEADS IN, HEARTS IN

Breathing - Cotton Ball Challenge

Instructions for Set-Up



Supplies

- ❑ “Guide for Families” handout
- ❑ Clear plastic standup display (optional)
- ❑ 2-3 large bags of cotton balls
- ❑ Straw (1 per participant)
(unbendable, approximately 10 inches long)
- ❑ 5 small bowls
- ❑ Masking tape
- ❑ Trash bag
- ❑ Plastic gloves (to pick up cotton balls)
- ❑ Display table

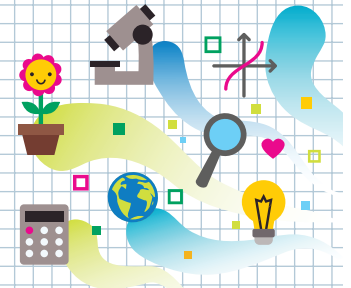
Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Put a small handful of cotton balls in small bowls on the table.
- ▶ Put a line of masking tape along the whole length of the table, approximately two inches from the edge, or use these alternative or additional ideas:
 - Make the finish line along the short end of the table so the participants blow the cotton balls the length of the table.
 - Use the masking tape to create an obstacle course that the cotton ball must navigate through.
- ▶ Use the masking tape to attach a trash bag to the table for disposal of straws.





HEADS IN, HEARTS IN



Breathing – Cotton Ball Challenge Guide for Families

Learning Objectives

What you need to know:

Breathing exercises can help you overcome stress, slow down and relax. Benefits of practicing proper breathing techniques include increased oxygen levels, improved blood circulation, improved posture, enhanced mental clarity and the ability to focus.

What you will do and learn:

You will learn that proper breathing helps build **lung capacity**. Lung capacity is the amount of air your lungs can hold. As people age, their lung capacity tends to decrease. However, by doing exercises like this Cotton Ball Challenge in which you will use a straw to blow cotton balls across the table, you can maintain and increase lung capacity. This keeps lungs healthy and ensures that your body is getting the oxygen it needs.

Instructions

1. Take a straw.
2. Take the small bowl of cotton balls.
3. Start at the side of the table opposite of the masking tape.
4. Place one cotton ball on the table.
5. Use the straw to blow the cotton ball across the table; take big deep breaths to get those cotton balls moving and to open lung capacity.
6. Try to blow your cotton ball across the finish line of masking tape.
7. Don't blow too hard or your cotton ball will fall off of the table.
8. Continue until all of the cotton balls have been blown across the table.
9. Leave the cotton balls on the floor.
10. Were you able to get across the finish line without having any fall off of the table? What was easy? What was difficult?

Challenge:

Find a friend and race to see who gets the cotton balls across the finish line first.