

Cumbria County Council

What can I do today?



This week it is ...mindful breathing

Tuesday

Feather breathing

- You will need a couple of feathers one for you and one for your child.
- Let your child choose a feather.
- Find a comfortable place to sit facing each other.
- Place the feather in the palm of your hand and one in your child's hand.
- Practice gently blowing the feather on your hand.
- Take a breath in and very gently breathe out, try not to let the feather blow off your hand.
- Now using one feather, try to pass the feather to each other, by blowing it from your hand to their hand.
- Take a deep breath in and as you breathe out blow the feather to the other person, see if they can catch it in their hand.
- You could try this with both feathers.