

INCREASING BREATH SUPPORT

These playful activities help strengthen breath support—an important foundation for voice and speech!

Lay down and model deep belly breaths

Place a hand on the belly to show it rising and falling.



Candle blowing (fingers up and down)

Pretend to blow out candles with varied breath lengths, using fingers to count.



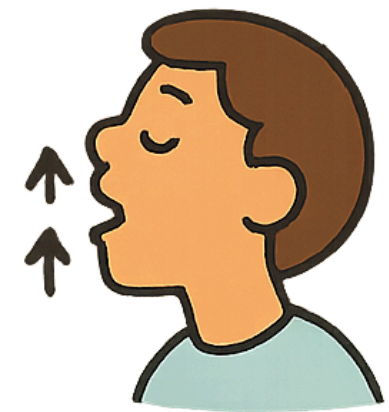
Flower and cupcake

"Smell the flower... blow out the cupcake!"



Top-up breaths

Take a deep breath, pause, and add more air before exhaling.

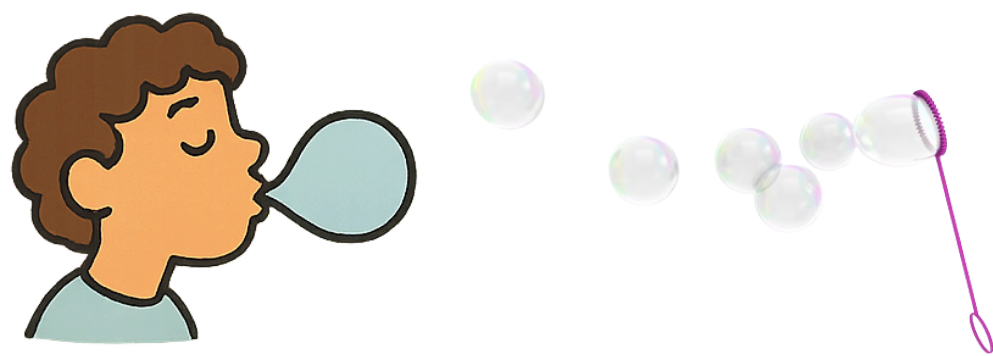


Expandable breathing balls

Match breath in/out to the ball opening/closing.



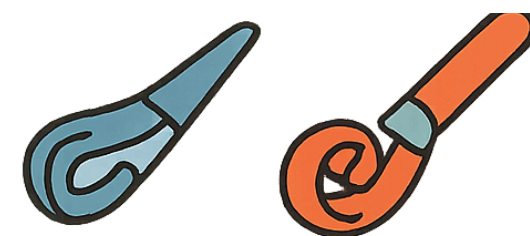
Blow bubbles



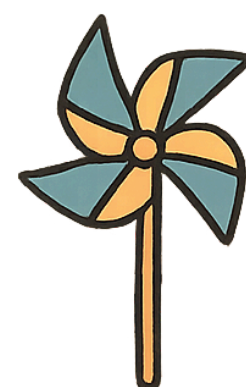
Blow feathers across the table or floor



Use harmonicas, blowers, or party blowers for long sustained airflow



Use visuals (like pinwheels, tissues, or breathing balls) to show airflow direction and strength.



These activities encourage voice use in natural, fun ways! *Tip: It's easier to turn voice on when you're moving, playing, and not overthinking it!*

Humming with hand over vocal folds

Place hand on the side of the neck and press gently to feel the vibration.



Voiced vs voiceless sound play

SSS ZZZ

Try: sssSSS (voiceless) → zzzZZZ (voiced)

ZZZ ZZZ

Environmental sounds

Use exhalation to create sounds like "woowwwwwwww" or "beep."

Animal, character, and silly noises

Encourage play through creative sound-making.

Sound & hand play

Drum on back while making a sound or Place hand on/off mouth while saying sounds



Play People Games

Use movement and connection to encourage voice without pressure!
Play peek-a-boo, tickles, or chase, Sing nursery rhymes daily

Add target sounds to playful routines

Drop toy on head/floor → "uh ohhh!" - Chase and catch → "ahhhh!" -
Lift toy again → "aaaagain!"



Try Modelling These Sound Targets:

uh oh, oh no, aaaagain, yay, wwwoowww, yaaaa, weeee,
yummmm-eeee, yuck-eeeeee, oooooopen