



**Hello everyone!**

Hello everyone I'm Donna an Early Years Practitioner at Lewisham Children & Family Centres. I thought that for our activity this week, you might like to make a Dragons breath blower. You can also use your blower to sing along with Laura in her Sing it, Move it video tomorrow on Facebook, they are very simple to make and fun to use!

So have fun doing both! You can find Laura's videos on Facebook [www.facebook.com/lewishamchildrencentres/](http://www.facebook.com/lewishamchildrencentres/)

**I hope you have fun making your dragon's breath blower**



## How will a dragon breath blower help my child with their emotions?

### Emotional regulation -

The dragon's breath blower makes deep breathing fun for young children. The key is getting children to take deep breaths in and blow all the air out of their lungs this will make their natural calming reflexes kick in.

Taking a deep breath really does calm you down by triggering neurons in your brain which tell the body it is time to relax. A new study has found, that the neurons which link breathing to relaxation, attention, excitement and anxiety are located deep in the brainstem.

Deep breathing helps get more oxygen into your bloodstream, opening up your capillaries. It has a calming and stress reducing effect.

### Communication skills & Vocabulary -

Talking with you about emotions encourages your child to talk about their feelings with you and the people around them and learn new words for emotions they may be experiencing.

### Fine motor skills -

Cutting, sticking, colouring and picking up small items to help to develop your child's fine motor skills.

**ACTIVITY ON NEXT PAGE**

# Stay & Play

activities to try @home

## Making your Dragon Blower



### Materials:

- Toilet roll or any cardboard tube
- Tissue or any paper; newspaper, magazines, packaging paper, kitchen roll paper etc.
- Scissors
- Glue, tape or stapler
- Pens



### Instructions:

- Colour or paint your toilet roll or cardboard tube, any colour you like.
- If you'd like to cover it with paper like the one I have made then just glue it to the tube like the picture above.
- For your dragon's eyes, cut out some circles and stick them to one end of the tube like my dragon.
- To make your dragon's nostrils roll up some paper and stick them to the tube like my dragon.
- To make your dragon's fire breath, cut some tissue paper or any paper you want into strips and stick or glue them to the inside of the tube.
- Now you have your finished Dragon's Breath blower have fun blowing lots of dragon's breath.



Here is my dragon