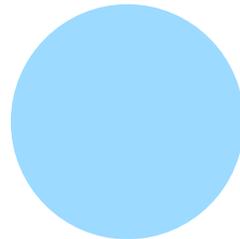
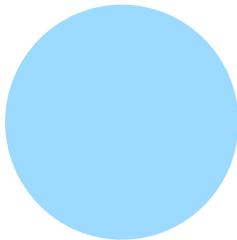
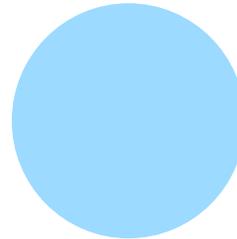
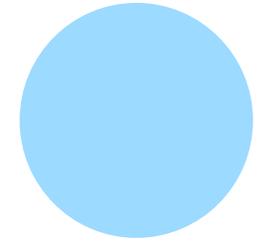
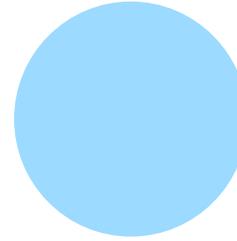
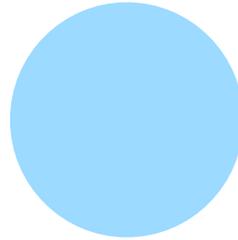
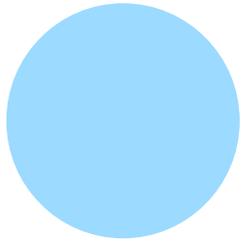




# Breathing Adventure





# Breathing Adventure

This worksheet is a fun tool to work with your little flutists on their exhalation. You can either use this page to practice their exhalation with or without the flute. Underneath I share some ideas on how you can work with this tool, but I am sure you will come up with other lovely ideas!

**WITHOUT THE FLUTE:** Print a page for each student. Let them roll a dice one by one. Each number they roll, they write it down in one of the blue circles on the page. Let them write vowels (A, E, I, O, U) and/or consonants (that help them feel the abdominals while exhaling ('S', 'F', 'CH')) on the dotted lines. Finally, put on the metronome (BPM 60) and let them go through this whole breathing adventure. Let them do it in group or individually.

**WITH THE FLUTE:** Print a page for each student. Let them roll a dice one by one. Each number they roll, they write it down in one of the blue circles on the page. Let them write their favorite notes down on the dotted lines. Finally, put on the metronome (BPM 60) and let them go through this whole breathing adventure, playing on their full flute. Let them do it in group or individually. (you can also have fun just doing this breathing adventure using the headjoint. In this case you can let the students write down on the dotted lines when they want to play on a 'open' or 'closed' headjoint)

