



TALKING ABOUT: 'Aquatic' Breathing:



- How can we get used to having the water on our head...face...?
- How can we get our face and head closer to the water without getting them *too wet*?
- How can we get our mouths and noses closer to the water without water going up our noses or in my mouth?
- What can you do if there is a big splash and water gets on our face or even in our mouth?
- How can we make sure we get rid of any water in our mouth or nose when we *take a breath*?
- How can you test the 'secret' that while air is being 'expelled', water will not enter the mouth/nose?



- Think about what you can do with your lips, cheeks and mouth...how many different ways can you try to get air OUT and clear the water out of and away from your mouth and nose? Which is the 'best' way do you think? (*What is trickle and explosive breathing?*)

- What is 'rhythmic bobbing'? What happens to your breathing when you bob under 3 or 4 times in a row?

- Can you make up your own game where you breathe *rhythmically* and *controlled* ?
- What do you need to *know and DO* to be able to go under (submerge) and then stay under for as long as you can?

