

Water confidence Activity-front crawl breathing for beginners



Equipment

- Basin filled with water
- Goggles (only if you have a pair at home)
- **An adult to supervise**

Step 1- blow bubbles

Put your chin and mouth in the water and blow out bubbles on top of the water



Step 2- Breathing out under water

1. Put your face in the water, **looking down** and blow slowly out your mouth.
2. Now try your face in the water and blow slowly out your nose.
3. Next try blowing slowly out your nose and mouth at the same time.

Which breathing style do you like the best? That's how **you** breath out under the water!



Step 3- breath out, breath in...

Now you can breath out under water... Try blowing out for a few seconds, turn your head to the side to get your mouth out the water and breath in.

Repeat this blowing out, face down in the water and breathing in, head to the side.

