

Belly Breathing

Breathing — No Instrument

WHAT THIS CORRECTS

Shallow chest breathing, raised shoulders, inconsistent air support.

MATERIALS

None.

AT A GLANCE

• Hand on stomach → inhale 4 counts (belly out) → exhale on "sss" 8 counts

• Build exhale to 12, then 16 counts

• Shoulders must NOT move on inhalation

• Transfer the same breath to playing

PROCEDURE

1 SET POSTURE.

SAY "Stand. Feet shoulder-width. Arms relaxed. Shoulders DOWN."

2 PLACE THE HAND.

SAY "Right hand flat on your stomach, below the belly button. This is your feedback tool."

3 MODEL THE INHALE.

DO Demonstrate 4-count inhale with visible belly expansion.

SAY "Breathe in through the nose — 1, 2, 3, 4. Hand pushes OUT. Shoulders do NOT move."

4 STUDENTS ATTEMPT.

SAY "Your turn. In — 1... 2... 3... 4. Hand moving out? Shoulders still? Good."

CHECK Walk the room. Shoulder movement = incorrect. Belly expansion = correct.

5 ADD THE "SSS" EXHALE.

SAY *"Exhale on a steady "sss" for 8 counts. Even, like a tire leak. In — 2, 3, 4 — out: sss-2-3-4-5-6-7-8."*

LISTEN Wobbles or breaks = unsteady support.

6 BUILD DURATION.

DO Repeat at 12 counts, then 16. Consistency over length.

SAY *"If you run out, you breathed too shallow. Reset."*

7 TRANSFER TO INSTRUMENT.

SAY *"Same belly, same control — now through the instrument instead of "sss.""*

ASSESSMENT

■ Sustains steady
"sss" for 12+ counts

■ Belly expands (not
chest/shoulders)

■ Exhale is even
start to finish