

Paper on the Wall

Breathing — No Instrument

WHAT THIS CORRECTS

Inconsistent airstream. Provides visual feedback and gamifies breath control.

MATERIALS

Tissue paper or lightweight paper, tape, wall, stopwatch.

AT A GLANCE

- Tape paper to wall at mouth height

- Student blows to keep paper pressed flat — timed

- Paper falls = air stopped. Paper flutters = pulsing.

- Students compete against their own times

PROCEDURE

1 SET UP STATIONS.

DO Tape tissue at mouth height. One per student or rotate pairs.

2 EXPLAIN.

SAY *"Keep the paper pressed flat using ONLY your air. It falls = your air stopped."*

3 MODEL.

DO Demonstrate: steady, focused air for 5–10 seconds.

SAY *"Not hard — STEADY. It stays because the air never stops."*

4 STUDENTS ATTEMPT.

SAY *"Belly breath in — go. I'm timing."*

CHECK Note who drops early. Chest collapsing? Shoulders rising? Air pulsing?

5 RECORD AND REPEAT.

SAY "Your time is your baseline. Beat YOUR number next time."

DO Run 2–3 attempts per session.

6 DIAGNOSE.

CHECK Flutters = pulsing air. Falls early = shallow breath. Drops mid-exhale = support collapsing.

ASSESSMENT

■ Paper stays flat
10+ seconds

■ No fluttering
(steady stream)

■ Student can ID
when their air
changed