

Straw Breathing

Kinesthetic — Air & Throat

WHAT THIS CORRECTS

Restricted inhalation. Contrast creates a memorable reference sensation.

MATERIALS

Coffee stirrer straws (narrow — one per student).

AT A GLANCE

- Inhale through narrow straw → restricted, effortful

- Remove straw → inhale normally → wide open, easy

- THAT open feeling is the target for every playing breath

- Alternate s traw/no-straw 3–4 times to anchor the sensation

PROCEDURE

1 DISTRIBUTE STRAWS.

SAY *"Hold it to your lips. Don't play it."*

2 INHALE THROUGH STRAW.

SAY *"Full breath in through the straw."*

SAY *"Terrible, right? Tiny opening, body working overtime, almost no air."*

3 REMOVE AND INHALE NORMALLY.

SAY *"Straw away. Breathe in — big, open, relaxed."*

SAY *"THAT feeling — wide open, effortless — is what we want every time you play."*

4 ALTERNATE.

DO Straw, no straw, straw, no straw. 3–4 cycles.

SAY *"Straw = tight. No straw = free. Your throat can do both. We always want the second."*

5**ADD INSTRUMENT.**

SAY *"Same open inhale. Don't let the instrument turn you back into the straw."*

CHECK Better tone = open carried over. Thin = restricted again. One more cycle.

ASSESSMENT

■ Describes the difference between restricted and open

■ Inhale without straw is relaxed, low, belly-driven

■ First notes after exercise sound more open