

Tallulah Plays the Tuba

Wind Power!

Breathing Activity

Tallulah knows she will need strong lungs to play the tuba. In fact, all musicians use their breath when they play! Explore how different instrument families breathe in this group activity.

Breathing Exercises

BRASS:

1. Breathe through your nose for 4 counts.
2. Buzz your lips while exhaling for 4 counts. Push your right arm forward like you're pushing a trombone slide forward.
3. Pause for 4 counts and pull your right arm back to your chest.
4. Repeat!

WOODWIND:

1. Breathe through your nose for 4 counts. Spread your fingertips wide.
2. Part your lips and exhale for 4 counts. On each count, tap each finger against your thumb like you're pressing the keys of a flute.
3. Pause for 4 counts. Shake out your hands.
4. Repeat!

STRINGS:

1. Breathe through your nose for 4 counts.
2. Part your lips and exhale for 4 counts. Saw your right arm across your belly like a cello playing the strings.
3. Pause for 4 counts. Let your right arm fall by your side.
4. Repeat!

PERCUSSION:

1. Breathe through your nose for 4 counts. Bend your elbows to raise your hands.
2. Part your lips and exhale for 4 counts. Alternate marching your hands down like you're hitting a drum as you exhale.
3. Pause for 4 counts. Let your arms fall by your sides.
4. Repeat!

Group Discussion

1. How did breathing out for each instrument family feel?
2. Was it harder to control your exhale for different instruments?
3. How did it feel to move your body with your breath?