

Frog's Breathtaking Speech Game

The purpose of these games are to help children use simple, safe yoga breathing techniques to help them deal with anger, anxiety and tension, and to improve confidence by strengthening the voice.

The game is at its most effective if used with the book, *Frog's Breathtaking Speech* which is published by Singing Dragon @£12.99 and is available at <http://www.singingdragon.com/catalogue/9781848190917>

The Story

Frog is very worried as he has an important speech to make at his school assembly. The speech is about breathing and he doesn't know a thing about it! He asks his friends for help and they teach him all about the lion breath, the crocodile breath, the humming bee breath and the woodchopper breath. Can any of these breathing techniques calm his nerves before the big speech?

Before you play

1. Download the PDF board game and card set, available through these links:
 - i. Game Board: <http://www.jkp.com/blog/wp-content/uploads/2013/04/Frogs-Breathtaking-Speech-Game-board.pdf>
 - ii. Card Set: <http://www.jkp.com/blog/wp-content/uploads/2013/04/Frogs-Breathtaking-Speech-Game-card-set.pdf>
2. Print two pages
3. Laminate each page
4. Cut the card set into individual cards. There should be 4 red cards, 4 green cards, 4 orange cards and 4 blue cards.

You are now ready to play!

How to play

There are lots of different ways to use this card and game set. Here are some ideas:

1: Simple Matching Games:

Choose one card from the set of cards. Match each card to its corresponding space on the game board. If the card represents a breathing technique, practice that technique. If the card represents an emotion, act out that emotion.

Examples:

- Match *Lion* from Green Set to *Lion* on Game Board. Practise doing the lion breath
- Match *Tense* from Red Set to *Tense* on Game Board. Act being tense
- Match *Happy* from Blue Set to *Happy* on Game Board. Act being happy

2: 'Red to Blue' Game – 'If I am...'

- **For this game you will need the red set of cards and the blue set of cards to be separated**

Choose one card from the **red** set of cards. Ask another player to choose the corresponding card from the **blue** set that you would like to change this emotion or situation to. Ask which breathing technique they would use to make the change. Discuss why they have chosen this breathing technique (even if it isn't the 'right' answer). Place both **red** and **blue** cards on the matching squares on the board and see which breathing technique is shown in between these two cards. Practise the breathing technique and posture. Work through the rest of the cards.

Example:

- One child picks *Tiny Voice* from the red set
- Another player selects *Strong Voice* as the corresponding card from the blue set
- Once both cards are placed on the game board, you can see that the *Lion Breath / Posture* can be used to get from the red side to the blue side

General guidelines for playing

Have fun as you play, but always keep it at the child's level; roar the house down with Lion; shake the walls with the Woodchopper Breath; share experiences of anxiety, tension and anger. Model the breathing techniques. Show how your voice becomes stronger after Lion Roaring.

Follow-up ideas

Talk about situations when you could have used a technique; as well as those when you did. Read *Frog's Breathtaking Speech* regularly and play the game often.