

Kids Mini Manual

Shaker[®]

DELUXE *kids*

Respiratory muscle exerciser to aid bronchial hygiene



Comes with colourful stickers



How does SHAKER DELUXE KIDS work?

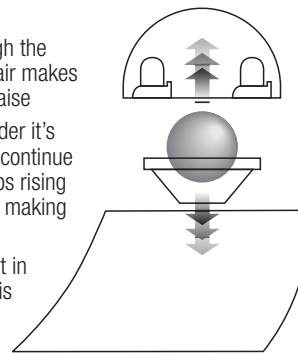


BALL

As you exhale through the mouthpiece the flow of air makes the Shakers' ball raise

The ball falls back under it's own weight and as you continue blowing through it keeps rising and falling very quickly making the air vibrate.

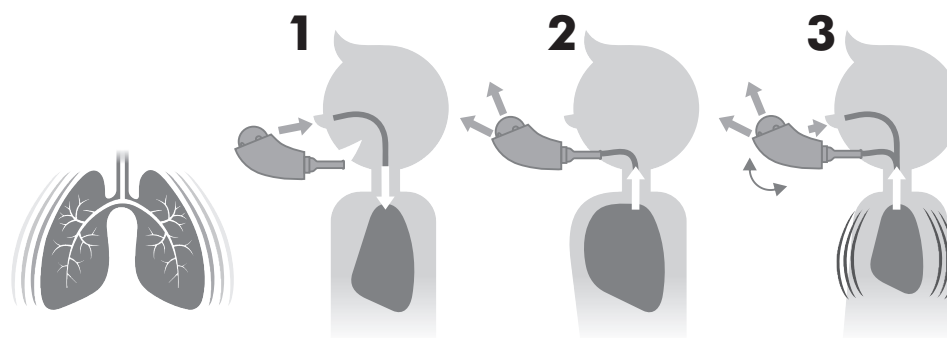
The vibration is felt in the chest and this helps to loosen mucus.



Breathe in slowly then put the Shaker mouthpiece between your lips.

Hold your breath for 2-3 seconds then breathe out through your mouth into the Shaker.

Repeat this exercise and try changing the angle of the Shaker to find a position where you feel the strongest vibration.



When you feel the mucus needs to come up, cough gently to help bring it up.

POWER[®] breathe

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The Kids Mini Manual is available in a range of different languages. Visit our website or use the QR code below for this information.

www.powerbreathe.com



This part is for you to colour in and draw!

Below you'll find some drawings which are just like the stickers received with your Shaker device.
These drawings are for you to colour in however you would like to.
The rectangles at the bottom of the page are spaces for you to make your own drawings of whatever you like.
(It could be your own patterns or characters).

