

Blow Lotto

A unique and highly entertaining game that also helps train mouth function and coordination, respiratory muscles and lip strength.

Contents:

- 1 Plastic frame
- 1 Ball
- 1 Game board with animal pictures on both sides
- 4 Lotto boards with animal pictures on both sides
- 36 Playing chips

Ages:

Children 3 years and over can play Blow Lotto, but for purposes of oral training it can be played by children and adults alike.

How to play:

Blow Lotto:

Slot the playing board with animal images into the opening in the side of the frame. The animal pictures will now be visible in the bottom of each of the 9 holes. Turn the lotto board to the side with corresponding animal pictures.

Players then blow the ball from one hole to the other – controlling the speed and direction of the ball by blowing. When the ball lands on an animal, the player covers the corresponding picture on his/her lotto board with a playing chip. The winner is the one who covers all nine pictures first.

For variation, older children can decide how many blows are to be allowed in order to reach a given animal. A player may then only place a chip on his/her lotto board if precisely the set number of blows have been used to get the ball there. Planning how many blows may be needed for each animal promotes cognitive planning and takes a lot of effort to control blowing!

“On the Track”

The game board with the track allows children to play alone, by blowing the ball around the track. If the ball is blown off, you have to start again.

The track board can also be used by several children, taking turns to blow. The players each take a turn that lasts as long as they keep blowing the ball from hole to hole along the track. The player that reaches furthest without going off the track is the winner.

Blow Lotto aids development....

Blow Lotto challenges children in an unusual and sensory-exciting way.

Playing Blow Lotto stimulates mouth function (coordination and breathing control) – compared to ordinary hand or general motor functions – which will be a new and different experience for many children. Awareness of how to use their mouth becomes a natural part of playing when the child has to shape its lips and direct the airstream to push the ball from hole to hole.

Specific training variations:

Strengthening the muscular coordination of the vocal organs can be beneficial for some children with oral control problems, where exhalation exercises can be a vital element in their training.

1) Children are encouraged to blow using:

- a) round “pout” – lip protrusion or
- b) blowing with active lip-closure “p” explosive exhalation

Accordingly, focus will be on the child’s ability to build muscular tension in the throat and cheek muscles, and the ring muscle around the lips. This helps train the functional muscle system in the lips, cheeks and throat that affect children’s oral control in eating and speech functions.

2) To move the ball requires the child to use deep exhalation, which is the most powerful form of exhalation initiated by the diaphragm and stomach muscles. Blow Lotto can help children develop the skill of using deep exhalation.

3) Games in which the child:

- a) First decides the number of blows needed to reach a given animal or
- b) has to blow the ball along a track also sharpen concentration and the ability to control and direct exhalation.

Concept:

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Instructions

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