# Exercices respiratoires à l'effort

| Date | Heures de port par jour | Réveil avec en bouche | Ga ga ga | Moucher plusieurs fois/jour | **Exercices respiratoires Application Respi Relax** | | | **Exercice respiratoire à l'effort** | **Nettoyage du nez le soir** | | | | | | |
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| | | | | | Inspirations/ Expirations Lentes x 10 | Idem + étirements x 10 | Respiration unilatérale Alternée x 5 | Pendant une chanson | 1er tour de magie | 2ème tour de magie | Sirène grave | Sirène aigue | | | Points Avec la langue |
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