

BUMBLE BEE BREATHING

BRAIN BREAK



Sit comfortably with your legs crossed.

Breathe in slowly through your nose for 4 seconds.

Hold your breath for 4 seconds.

As you breathe out, make a bee buzzing or humming sound.
The comforting vibration of this exercise has a calming effect.

Repeat the bumble bee breathing until you are calm and relaxed.