

BUMBLE BEE BREATHING WARRIOR POSE

BRAIN BREAK



Bend your knees with your toes facing outward
push your arms out to each side
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.