



Bumble Bee Breath

This breath is presented in three steps, working to bring awareness from the outside in. After each step, encourage your child to share his/her experience.

1. Sit or stand up tall.



2. Take a slow, deep breath in through your nose before exhaling out to “Hummmmmm” for as long as possible.

3. Try it again, but this time with your eyes closed. Focus on the humming sound. What did you notice? Was it different with your eyes closed?

4. Try it again but with your eye closed and your ears covered with your hands. Where did your focus go? What did you notice? How do you feel?

5. Experiment with breathing out other sounds such as “Zzzzz,” “Ohhhh” “Shhhh” “Lllll” or “Sssss”

