



# BUMBLE BEE BREATHING

## BRAIN BREAK FOR KIDS



Sit comfortably with your legs and legs in a relaxed position.  
Breathe in slowly through your nose, counting to 4 seconds as you inhale.  
Hold your breath in for 4 seconds, relaxing your shoulders.  
As you breathe out, make a buzzing or humming sound - just like a bee!



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

The comforting vibration of this exercise has a calming effect.

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