

Calming Humming Bee Breath

Kids love using their imagination and making funny sounds so this calming breathing technique is the perfect choice for bedtime or anytime you need to find a little calm

Practice sitting up or laying down
Inhale deeply, filling the tummy with air
Exhale slowly humming with your lips closed

You can also try humming with your eyes closed and covering your ears with your hands and noticing the vibrations in your throat, mouth and face



Benefits of Humming (Bhramari) Breath

- Mindfulness Activity to bring focus to the body and breath
- Calms and quiets the mind
- Releases cerebral tension
- Stimulates and supports the pineal and pituitary glands,
- Soothes the nerves and calms the body
- Relieves stress and anxiety
- Dissipates anger
- Lowers blood pressure
- Bolsters the health of the throat and voice
- Induces sound sleep

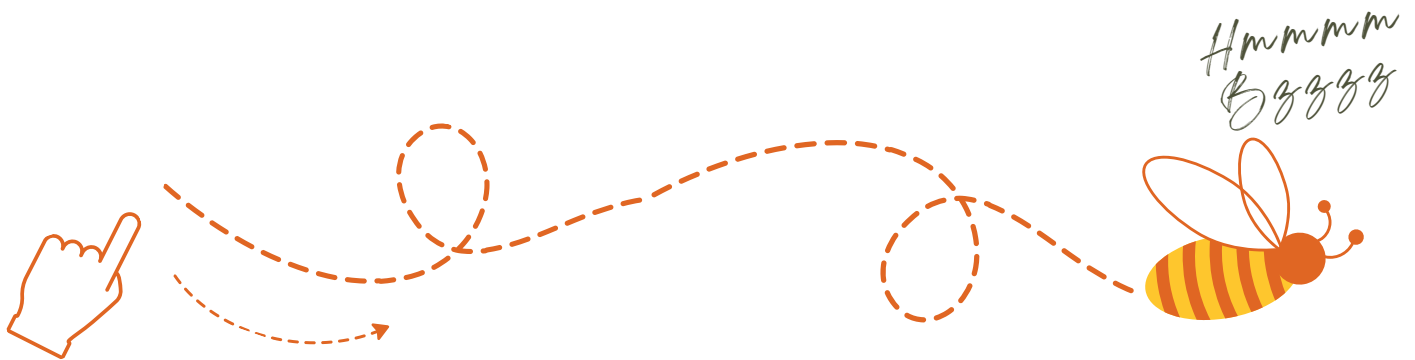
Try Humming at Bedtime

Have the kids fly like bees to their bedroom then get cosy in bed practice 3 slow breaths humming as they exhale

Hhhmmmm
Hhmmm
Hhmmmm

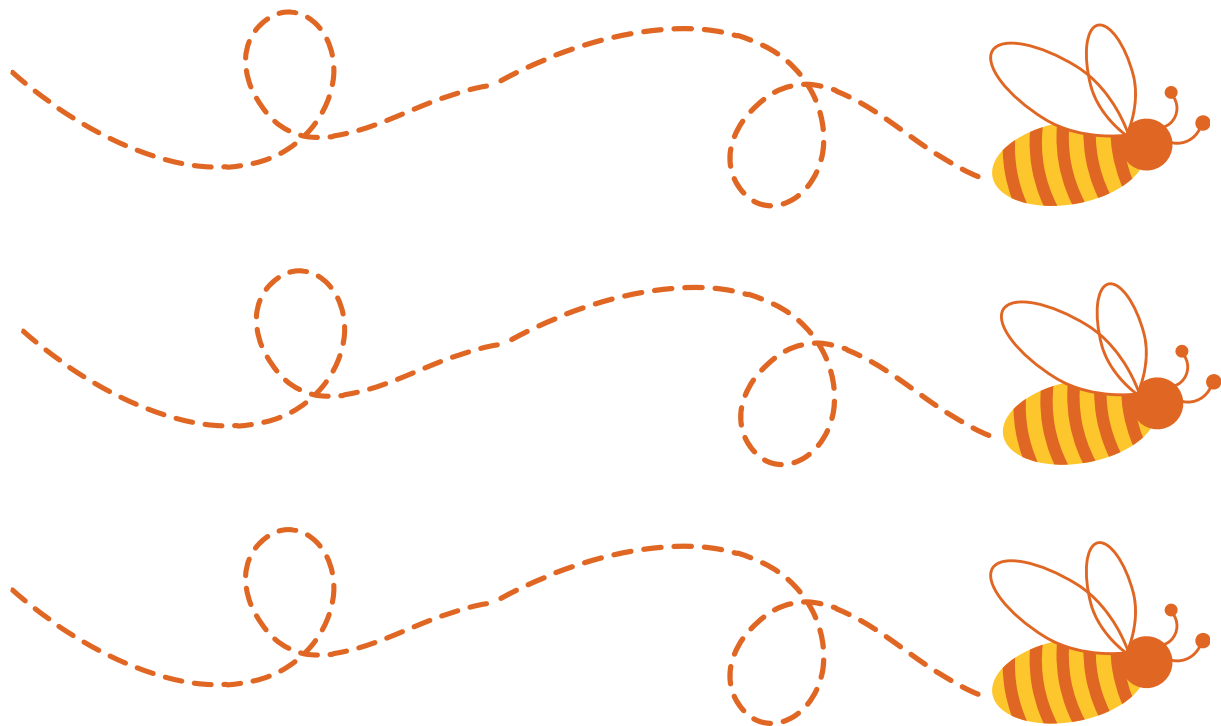


Trace the Humming Bee



Inhale - trace your finger slowly

Exhale - slowly hum as you breathe out



Practice Buzzy Bee Breathing

1. Find a quiet spot to sit and be still and calm
2. Breathe in slowly through your nose - Bzzzzz to exhale
3. Try changing your Bzzzzzz to Humming (Hummm)
4. Try covering your ears and closing your eyes as you hum
5. Practice this 5-10 times slowly and see how your body feels
6. Try humming while in each yoga pose to slow it all down



Calming Humming Bee Yoga

Relax
BZZZZZZZ
HMMMMMMM



Rocking Bee



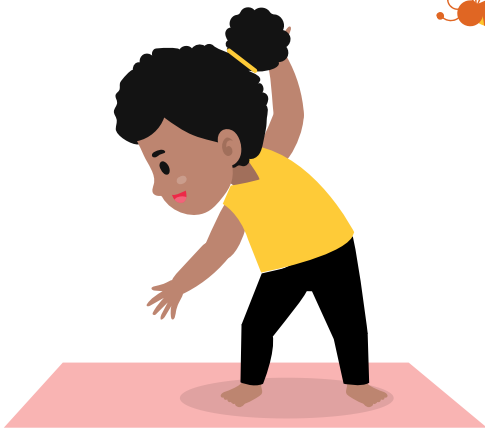
Flying Bee



Balancing Bee



Stretching Bee



Resting Bee



Calm Bee



Relax
BZZZZZZZ
HMMMMMMM

Calming Bee Yoga Cards



Calm Bee



Buzzy Bee



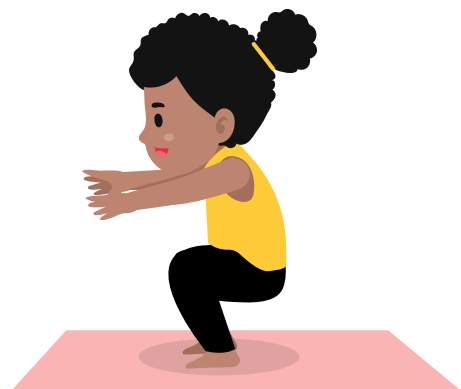
Rolling Bee



Smell the Flowers



Bendy Bee



Hovering Bee

Calming Bee Yoga Cards



Humming Bee



Resting Bee



Rocking Bee



Balancing Bee



Flying Bee



Wing Stretches