

Breathe like a bee!

cover your ears with
your thumbs and your
eyes with your fingers.

Keep your lips closed and
teeth slightly apart inside
your mouth. Inhale deeply
through your nose (1-2-3-4).

When you inhale, think about
closing your throat just
slightly so you can actually
hear your breath.

Exhale slowly through your
mouth (1-2-3-4) while making
a low humming sound. Repeat!