

Breathe Like a Bee



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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!

Create Magic Hands



Create Magic Hands

Magnetic hands!

Breathe in deeply through
your nose (1-2-3-4).
Breathe out fully through
your mouth (1-2-3-4).

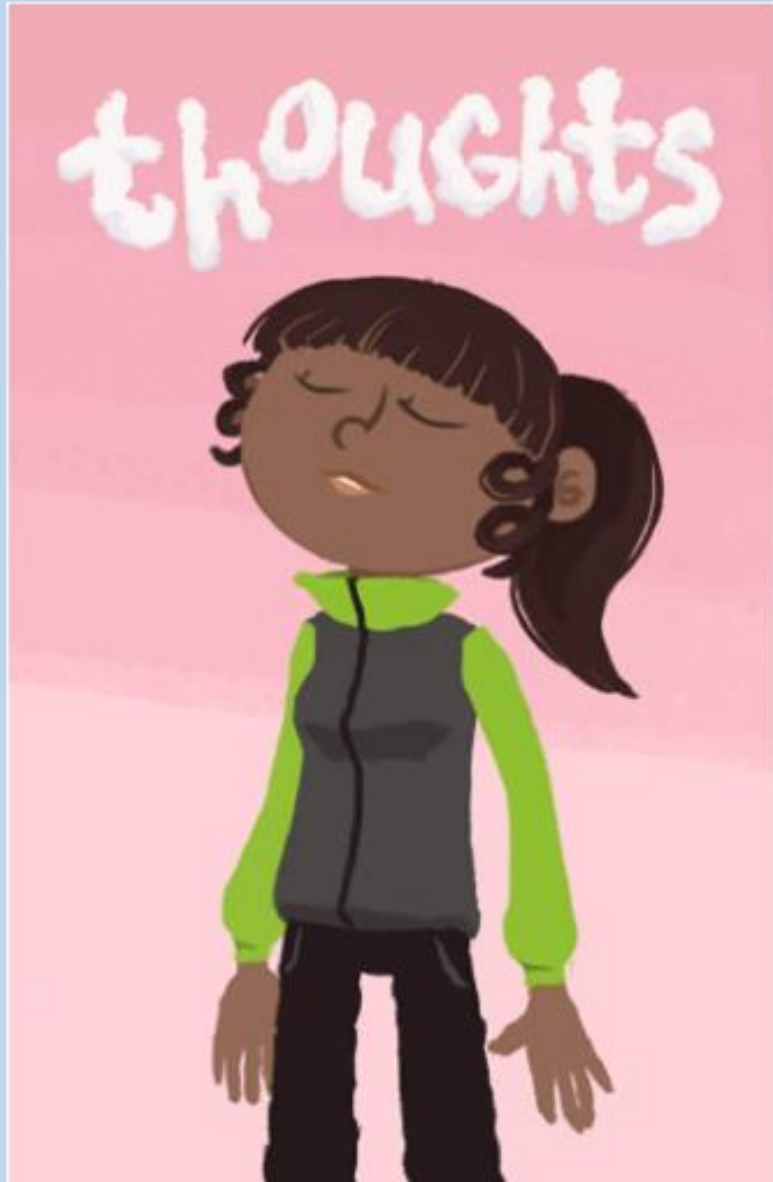
Put your hands in front of
you shoulder width apart and
palms facing each other.

pretend there is a magnet
that is slowly drawing
your palms together.

Bring your palms very, very
close until they almost touch.
Then slowly bring your palms
back out again.

Keep breathing. Repeat.

Dissolve a Thought



Dissolve a Thought

Dissolve a thought!

Breathe in deeply through
your nose (1-2-3-4).

Breathe out fully through
your mouth (1-2-3-4).

Imagine that each thought
you have is a cloud that
forms above your head.

As you breathe in (1-2-3-4)
notice this cloud.

As you breathe out (1-2-3-4)
let the cloud dissolve.

Repeat with a new thought.