

Cumbria County Council

What can I do today?



This week it is ...mindful breathing

Wednesday

Humming bee breath

- Humming bee breath can help relieve anxiety and have a calming effect on the nervous system.
- Begin in a comfortable sitting position, sit up tall with a straight back.
- Take a slow, deep breath in through your nose and as you breath out with your lips lightly together make a “Hummm mm” sound.
- This time ask your child to close their eyes and cover both ears with their hands. Focus on the humming sound as you breath out and notice the vibration on your lips.
- Only do 3 breaths at a time, as it could make them feel a bit dizzy.
- Ask your child if the buzzing seems louder or softer? How does it feel?
- Try breathing out other sounds such as ‘Zzzzzz’ or ‘Ohhhhh’ and ‘Shhhhh.’