

Breathing Activities

Bumblebee Breathing

Purpose: This activity helps students experience the power of breathing. Bumblebee breath is a fun breathing technique where students make the sound of a bumblebee.

This technique fills the whole body with the vibration and energy of our own breath. Bumblebee breath helps to shift our attention inward by shutting off outside distractions and focusing on the vibration of our own breath. It is a soothing practice, and results in feelings of relaxation. Bumblebee breath is also empowering, reminding us of the power we have to relax ourselves.

Preparation:

No materials are required for this activity.

Instructions:

1. Begin in a comfortable seated position, either on the floor or in a chair. Sit up nice and tall, but relaxed.
2. Cover your ears with your hands, blocking any outside sounds, and close your eyes to help you channel your focus inwards.
3. Take a big breath in, filling up with air until the belly expands. Exhale through the nose keeping your lips closed, making a humming sound for the duration of your exhale.
4. Keeping your eyes closed, return to normal breathing and gently rest your hands in your lap. Pay attention to the sensations the sound has created in your body.
5. Repeat for several rounds, gradually building to 5-10 rounds per sitting.

Safety Concern:

If you feel dizzy or light headed while practicing bumblebee breath or any breathing exercise, take a break and resume normal breathing.