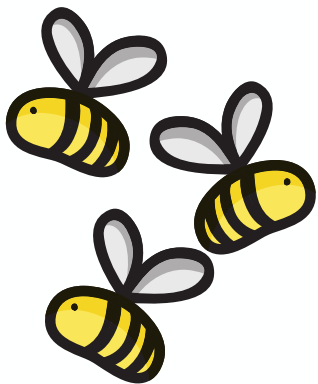




Tasmania
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BUZZY BEE BREATHS

MINDFULNESS ACTIVITY

Take a deep breath in through your nose, then hum like a bee as you slowly breathe out.

You can also try covering your ears as you hum.

Notice how you feel after taking a few buzzy bee breaths.