

Humming Bee Breath Sequence Activity

Watch the Clip and answer the following questions..

- ❖ **What insect does this breathing exercise refer to?**

- ❖ **What position shall you be in to do this breathing exercise, sitting or standing?**

- ❖ **When should you begin to hum, when inhaling or when exhaling?**

- ❖ **Where do you breathe from, your nose or your mouth?**

- ❖ **Should your eyes and mouth, be open or closed?**

Always remember to breathe <3