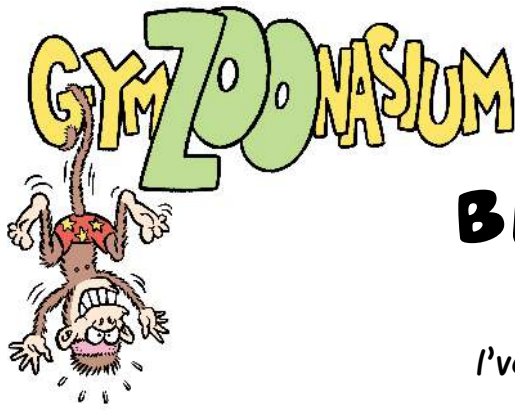




BEE BUZZ

*I've so much work to do
Yes I'm a busy bee.
I stop to smell the flowers
and I'm a happier me!*

PURPOSE

- Helps us calm ourselves down
- Helps us feel less stressed, worried or anxious, and more relaxed



INSTRUCTIONS

1. Sit in a comfortable position
2. Pretend to pick a flower, and bring it up to your nose
3. Breathe in through your bee nose, to gently smell the flower
4. As you slowly breathe out, make a quiet "buzz" or "hmmm" sound



WATCH FOR

- Sitting tall
- Breathing in through your nose
- Slow, controlled breath out



MORE CHALLENGING

- Make your "buzz" or "hmmm" sound last even longer, by letting the air out more slowly
- After your breathe in, try holding your breath for 3 seconds before breathing out





MAKE IT MULTI-SENSORY

Imagine a garden full of beautiful flowers of all types. Which colours of flowers you would see, and how would they smell?



FUN FACTS

- Bees make their buzzing noise by beating their wings super fast (11,400 times per minute)
- Only female bees can sting. Male bees don't have a stinger.
- Honey bees communicate with each other through a series of dance moves! How cool!



FUN AND GAMES

Can you find two insects that are exactly the same?

