

Breathing Tools for Kids

Buzzing

Buzzing is fun and easy to do and sends vibrations through your body activating your Vagus Nerve. Your Vagus Nerve then sends a message to your brain telling you that you are comfortable and safe. Have fun with buzzing and remember you can try different tones and volumes!

Instructions

- 1.** Get comfortable, you can sit or stand, and take a few slow, deep breaths.
- 2.** Rest your tongue behind your top row of teeth.
- 3.** Breathe in with your mouth open, you'll feel the air coming into your mouth.
- 4.** Breathe out firmly through your mouth while pressing your tongue against your top row of teeth, it will make a buzzing sound. Buzz for as long as you can.
- 5.** Repeat at least three times, then stop and notice how you feel.

