



Hum If You're Happy!

If you are comfortable, close your eyes and take a deep breath.

Close your lips and hum a few notes to yourself until you find one you like.

Breathe in deeply. With your out-breath, hum your note...hmmmmm.

Put your hand to your chest to notice the vibration of your humming. What do you feel in your hand and body?

Breathe in, breathe out and hummm.
Let your humming send
calm into your heart.

