

# Humming Script

This is a humming exercise. It's a little bit different So I invite you to be open.

Sit mindfully, with your spine straight and body relaxed.

Close your eyes. Close your lips.

If you're practising on your own or one on one with a friend or trusted adult, you can:

Hum a few notes to yourself until you find one you like.

Because we're practising together as a group right now, I will guide with this hum, you can choose your own for your practice later.

Breathe in deeply and with your out breath, HUM your note.

\*H

\*H

Breathe in. Breathe out and Hum!

\*H

Press your hands to your chest to notice the vibration of your humming.

\*H

\*H

What do you feel in your hand and body?

\*H

\*H

Breathe in. Breathe out and hum!

\*H

\*H

Let your humming calm into your heart.

Before we finish this exercise, let's quiet your humming and take three soft, slow, mindful breaths.

\*B\*

\*B\*

\*B\*

Great job practicing something new.

