

BUMBLE BEE BREATHING

BRAIN BREAK



- Sit comfortably with your legs crossed.
- Breathe in slowly through your nose for 4 seconds.
- Hold your breath for 4 seconds.
- As you breathe out, make a bee buzzing or humming sound.
- The comforting vibration of this exercise has a calming effect.

Repeat the bumble bee breathing until you are calm and relaxed.

ANADLU FEL GWENYNEN

AMSER TAWEL



- Eisteddwch yn gyfforddus gyda'ch coesau wedi'u croesi.
- Anadlwch yn araf trwy'ch trwyn am 4 eiliad.
- Dalwch eich anadl am 4 eiliad.
- Wrth i chi anadlu allan, gwnewch sŵn gwenynen.
- Mae dirgryniad sy'n dod o'r ymarfer hwn yn cael effaith o dawelu'r ymenydd.

Ailadrodd anadl y gwenynyn tan eich bod chi'n dawel ac wedi ymlacio.

