

Mindfulness and wellbeing

Activity 1:

Buzzing Bee’s Yoga

<https://childreninspiredbyyoga.com/blog/2017/04/buzzing-bee-breath-pose/>

Activity 2:

Enzo the Bee Yoga

<https://www.youtube.com/watch?v=uyj5LooYWyg>

Activity 3

Listen to story BEE calm

[breath](https://family.gonoodle.com/activities/bee-breath)<https://www.youtube.com/watch?v=oOYA8Sg4JBk>

Activity 4: BEE breathing exercises

<https://family.gonoodle.com/activities/bee-breath>

Activity 5 Bee Mindfulness colouring

<https://www.twinkl.co.uk/resource/bee-mindfulness-collaborative-colouring-activity-pack-t-tp-6565>