

Hot Chocolate (Willey, 2017)

Imagine you're holding a cup of hot chocolate in your hands.

It's much too hot to take a sip, so you need to blow on it to cool it off.

Bring your cup up close to you, take a long breath in, and slowly blow the air out, to cool off your hot chocolate.

Take another long breath in, and slowly blow the air out.

Now take a tiny sip of your hot chocolate and say "MMMMMM....!"

Make the "mmm" sound last as long as you can.

Try it again! Take a tiny little sip and say, "Mmmmmmm...."

Put your hot chocolate down, take a long breath in, and let the air all the way out.

Yum!