

You're sitting in this room.

You're sitting, but you're not sure what to do with your hands
You're sitting, but you cross your legs and then uncross them

Fidget.

Clear your throat

Take an audible breath

You can't get comfortable

A slightly louder breath
Maybe a sigh

Notice the other people in the room;
Fidgeting
Blinking
Twitching their nose
Swallowing
Breathing.

Sigh audibly

Look at your hands
Look at their hands

Sigh with a bit of sound, almost humming

Hum lightly as though sighing with a bit of sound

Move your toes
Take your shoes off if you want

Get comfortable.

Make eye contact with someone in the room
Smile
Or frown
Or make no expression at all

Hum with your next exhalation

Make eye contact with someone new and
Hum softly

Hum gently

Hum while you look at someone
Or look at the floor
Or look at the wall

Hum with every exhalation
Hum for a little longer
Hum together until the room is full of hums.