

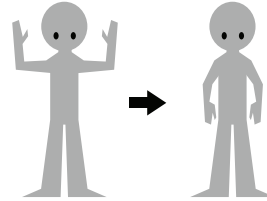
MINDFUL MOVEMENT

Try the mindful movements below by following the instructions and pictures. Then, answer the reflection questions.



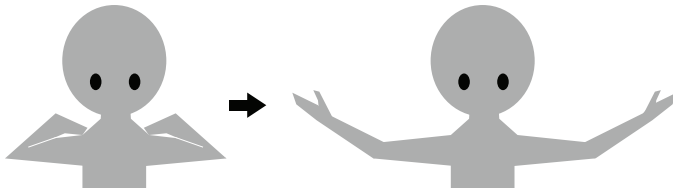
Movement # 1: Grounding into the Earth

Plant feet firmly on the ground just as a tree's roots go into the earth. Have your feet shoulder-width apart. Breathe deeply three times, placing your hand on your belly or chest.



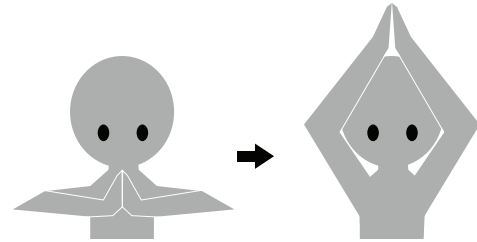
Movement # 2: Hands in the Sky

Breathing in, raise your arms toward the sky. Breathing out, lower your arms toward your sides. Repeat three times.



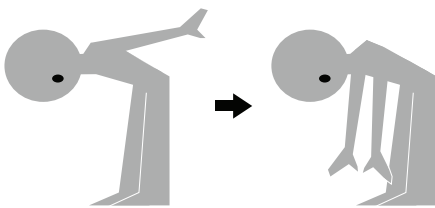
Movement #3: Blooming Flower

Start with your fingers touching your shoulders with your elbows pointed up. Breathing in, open your arms to each side with your palms facing up like a flower blooming and taking in the sun. Breathing out, fold your arms in and touch your shoulders again. Repeat three times.



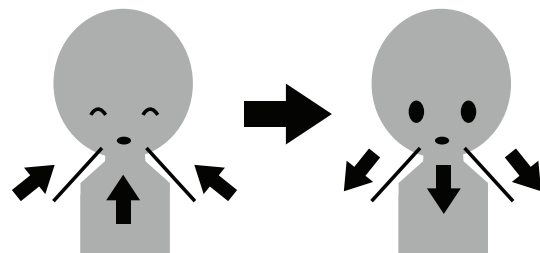
Movement # 4: Arm Circles

Place your palms together at your chest. Breathing in, lift your arms up in a circle above your head. Breathing out, complete the circle toward the front. Repeat three times.



Movement # 5: Hands to Toes

Bend at the waist to reach toward your toes. Breathing in, raise your hands toward the sky. Breathing out, lower your hands to reach for your toes. Repeat three times.



Movement #6: Your Choice

Remember to inhale as your body expands and exhale as it contracts.