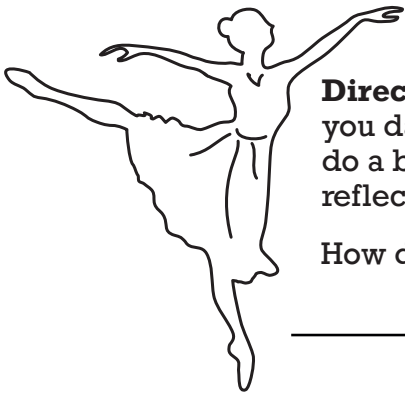


Name _____

Date _____

Reflections on Flow



Directions: Take some time to dance to both fast and slow tempo music. As you dance, pay attention to your body and what you feel inside. At the end, do a body scan to check in with how you are feeling. Then answer the reflection questions below.

How did it feel to move to the music?

What did you notice during the ending body scan? How did you feel?

What does "flow" mean to you? Where do you experience flow in your life?

