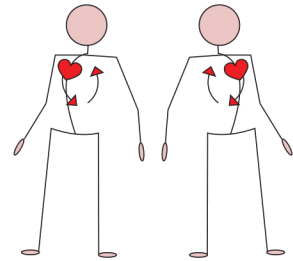


Try to think of a time when you weren't sure something would work out, but then as time passed, you realized it worked out perfectly. It can be something small like when you had plans to do something outside and it started to rain and then you had even more fun inside. Share the story of a time when you thought something wouldn't work and then it did by writing it down or telling someone.

### Warm Up

Inhale – Stretch the front of your heart by pushing it forward.  
 Exhale – Stretch the back of your heart by pushing it back.  
 Go front and back several times to move like you are dancing your heartbeat. Bend knees and move your arms. Dance with your whole body like an exaggerated heart beat and move to the rhythm of your own heart or to the music.

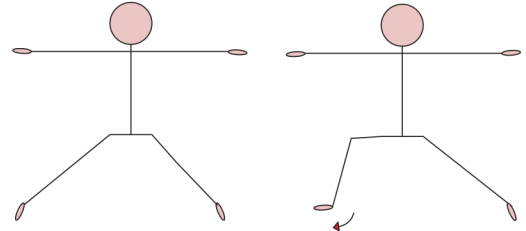


### Yoga Poses

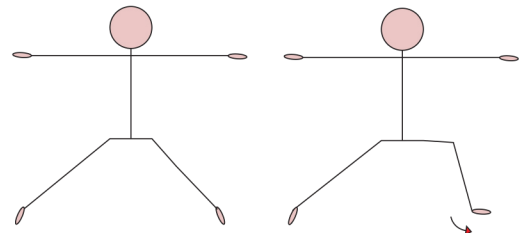
Do each pose for 5 breaths.

#### Warrior II

Stand like a star with your arms stretched out and your legs apart. Turn your right foot out and bend your right knee. Like a superhero, be strong and focus your eyes on one point past your right hand. Take 5 breaths.



Turn your left foot out and bend your left knee. Like a superhero, be strong and focus your eyes on one point past your left hand. Take 5 breaths.

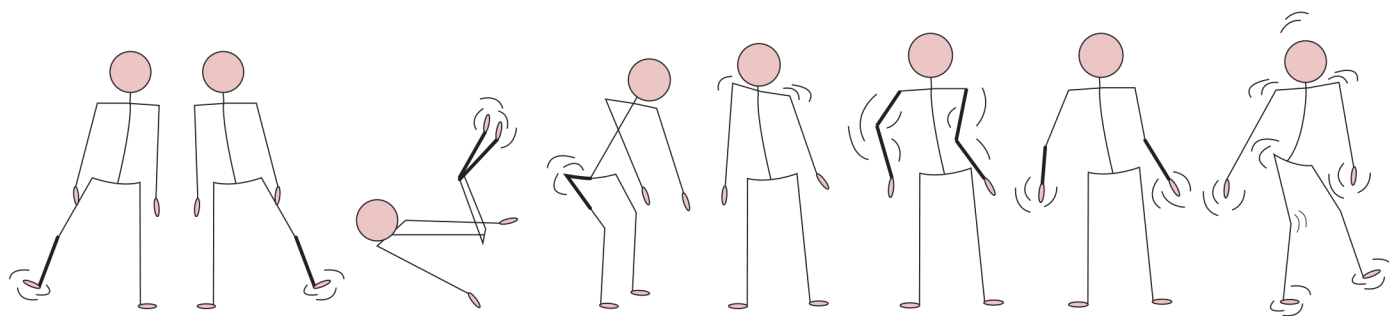


## Shaking

Shake each part of your body for 10 seconds each.

Right leg, left leg, lay down and shake both legs in the air.

Stand up and wag your tail like a happy puppy, shake shoulders, arms, hands and then whole body.



## Freedance

Imagine a box and dance inside of it making your movements as small as you can dancing in the box.

Then, break out of the box and dance as big as you can.

Start to dance like you are celebrating when something works out.



## Stretching

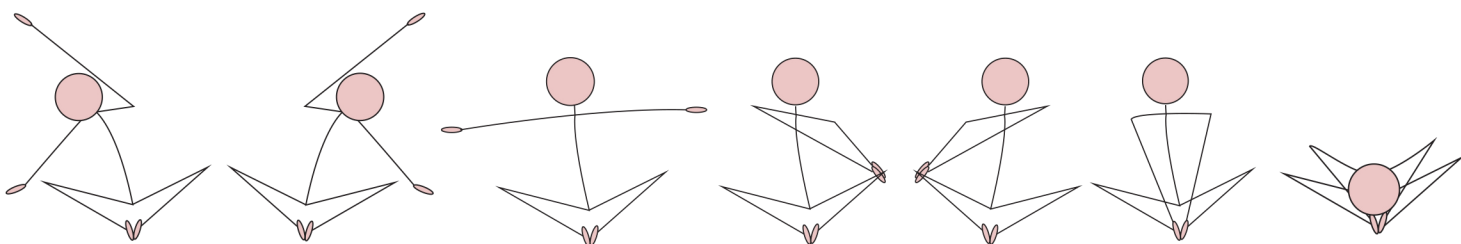
Stretch to each side for 5 breaths.

Arms out like a T. Put one hand behind like a kickstand.

Gently twist spine top to bottom and hold for 5 breaths on each side.

Feet together – and bring head toward feet.

Stretch forward 5 breaths.



## Rest

Rest in stillness for 2 minutes or more

Great job!