

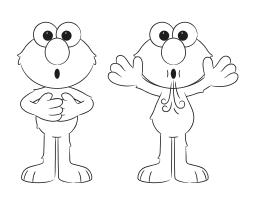
Mindful Moment: Nature Poses

Noticing our bodies and our breathing are great ways to stay healthy and strong. Use these nature-inspired poses and strategies together throughout the day, or whenever children need to calm, focus, or refuel.

Volcano Breath

Sometimes big feelings feel like a volcano inside us... help the lava flow to the ground!

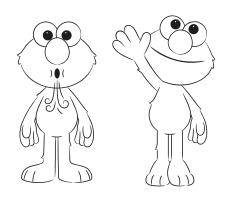
Start with your hands together in front of your chest. Breathe slowly in through your nose and raise your arms straight up. Hot lava is rising up and out! Breathe slowly out through your mouth as you move your arms down.



Reach for the Stars

Stretching can give our bodies energy and help us notice our feelings.

Stand straight and tall, arms by your sides. Take a slow deep breath in through your nose and slowly out through your mouth. Stand on your tiptoes and reach high with one hand, then the other hand.



Tree Pose

Balancing and grounding gives us a moment to notice the feelings in our bodies and feel our strength.

Stand tall, feet together. Lift one foot a tiny bit and rest it above your other ankle. You can try moving your foot farther up (above your ankle). Stretch and sway your arms like a tree's branches. Breathe slowly in through your nose, and slowly out through your mouth.

