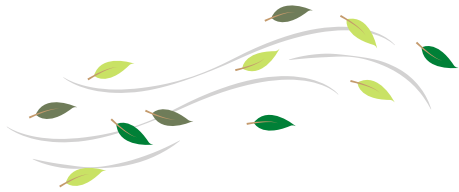


LEAVES ARE BLOWING

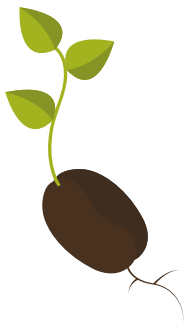


The leaves are dancing in
the wind.

We move in slow spins with
our arms out wide. Our
steps are light.

Mindful Movement Cards

SEEDS ARE SPROUTING



The seedlings are reaching
for the sun.

We start out curled up small
on the ground. We slowly
stretch our arms up. We get
up slowly and stand up tall.

TREES ARE ROOTED



The trees are strong and
grounded.

We stand up tall and stretch
out our arms. We press our
feet into the floor.