

SNOWFALL

The snow is slow and silent as it falls.

We move in long, slow stretches.
Our steps are as quiet as they can be.

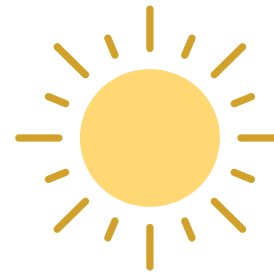
Mindful Movement Cards



THUNDERCLAPS

The thunderclaps are big and loud.

We move with big, wide motions.
Our steps are noisy stomps.



SUNSHINE

The sunshine is bright and cheerful.

We move with hops, skips and jumps.
Our steps are light.