



RAIN IS FALLING

The rain falls gently from the sky.

We bend forward at the waist and let our arms gently swing, our fingertips brushing the floor.

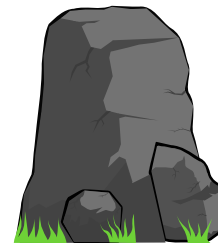
Mindful Movement Cards



CLOUDS ARE FLOATING

The clouds float in the air.

We kneel on the floor with our knees hip width apart and your big toes touching. We lower our upper body between our knees, resting our forehead on the floor.



ROCKS ARE GROUNDED

The rocks stand firmly on the ground.

We stand with our feet shoulder width apart. We drop down into a squat position, going as low as we can.