

Can you stretch like a cat?

5-10 Stretch back, arms & legs. If that feels good, be sure to purr & meow. If it doesn't, hiss & growl.

10-20 Get on your hands and knees, put one arm out, put down, switch. Meow & purr. Put one leg out, switch. Repeat 3 times. Arch your back, then push your belly down. Repeat 3 times. Now roll around on the ground like a cat in the sun. How does your body feel?



Can you hibernate like a bear?

5-10 Take deep breaths in through your nose. Breathe out through mouth. Stay still. You're hibernating for the winter! When done, make a list of what helps you rest.

10-20 Find a relaxing spot and sit. Let out a growl. Breathe in, spell SITS, breathe out, spell, SLEEPS. Do 10 times. Draw a picture of a relaxed bear. What helps this bear hibernate?



Can you breathe slow like a sloth?

5-10 Breathe in slowly like a sloth. Say the word "slow" as you breathe out. Repeat 10 times. When do things feel too fast for you? What do you do to slow things down?

10-20 Move your body like a sloth. Breath in, breathe out and say the word "slow". Practice moving and breathing slowly. How slow you can go? Stretch your body. How did it feel to move and breathe so slowly?



Can you be a turtle?

5-10 Curl up in your shell. Do you feel safe? Stay in your shell and count to 10. Write a list of other things that help you feel safe.

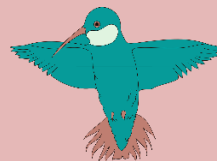
10-20 You're a turtle on its back. Pull your arms and legs in and out. Turn over and imagine you're curled up in your shell. How safe do you feel in your shell? Take 5 deep breaths. Draw a picture of a turtle and write on its shell who & what help keep you safe.



Can you flap your wings like a hummingbird?

5-10 Flap your wings in small circles. Now flap your wings in big circles. Flap slower and then faster. Fly around the room. Move your wings in different ways.

10-20 Flap your wings. Fly around the room. Take time between flaps and soar. How did it feel to go from fast to slow? Make a list of some other ways you can move slow or fast.



What's hard like an armadillo?

5-10 Walk around your space and touch things. What feels hard? Go back to the item that was the hardest. Notice whether it's warm or cool. Take 10 deep breaths.

10-20 Knees under your body, feel the ground underneath you. Roll up into a ball, take 10 breaths. How does that feel? Draw a picture of an armadillo. Write a story about what he's protecting himself from.

