



IMPACT
at HOME

ACTIVITY CARDS



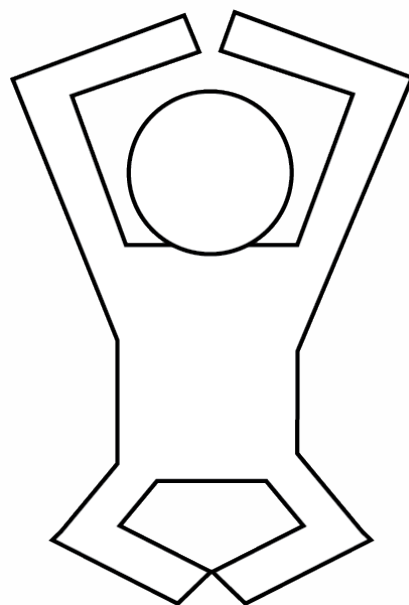
MINDFULNESS

Angel Arms

MINDFULNESS

INSTRUCTIONS

1. Sit on the floor in a comfortable position.
2. Move both hands to outer thighs.
3. Bring arms up above head with back of hands touching while counting to ten (inhale).
4. Bring arms back to outer thighs while counting to ten (exhale).
5. Repeat as many times as needed.





MINDFULNESS

Be a Seed

MINDFULNESS

INSTRUCTIONS

1. Curl upon into a ball with your knees and head touching the floor and hands touching ground in front of your head.
2. Close your eyes and notice how you and your body are feeling.
3. Begin to wiggle your fingers on the ground to make raindrop sounds. Notice your breathing.
4. Work your way to standing and grow like a flower. Stretch your arms out like flower petals.

