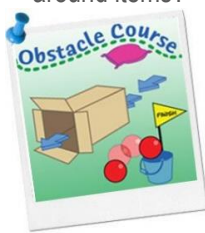
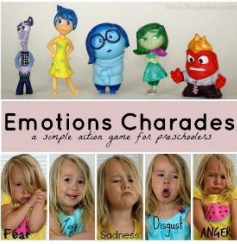


WORK YOUR BRAIN, MOVE YOUR BODY!

Keep your body and brain READY by eating well, resting, and moving to exertion! Pause to be mindful of your body, feelings, and to connect with others. Try one from each column daily!

MOVE	HOLD	BREATHE	PAUSE	EMOTIONS
Dance and jump until the music stops, then freeze in a downward dog! 	Hold Right: ____ sec Hold Left: ____ sec. 	Blow objects with different force! Can you follow a path? 	Close your eyes and imagine your favorite place. Can you draw it from memory? 	Read a book about feelings or watch one online 
Find your heartbeat. Run until you are tired, then feel it again! 	Can you hold a squat with eyes open AND closed? 	Make big and small bubbles in water! 	Draw your favorite thing to do. Tell someone why you like it. 	Take selfies of feelings. Draw some! 
I can move my body fast and with control.  How many frog jumps can you do?	I can hold my body strong and still.  How many ways can your body be a bridge?	Put something light on your belly and feel it move up and down as you breathe slowly 10 times. 	I can pause to quiet my mind, reflect, and plan.  Give yourself and others compliments for what you do!	What are 5 things that annoy you?  What helps you feel calm and Ready? 
Make an obstacle course. Can you go over, under, and around items? 	I can hold my body strong and still.  Do creative push-ups!	I can breathe slowly and deeply.  Take 10 slow balloon breaths	 Do 3 things to show kindness: Write a letter, shovel snow, give a compliment	Emotions Charades a simple action game for preschoolers  Act out emotion charades!

