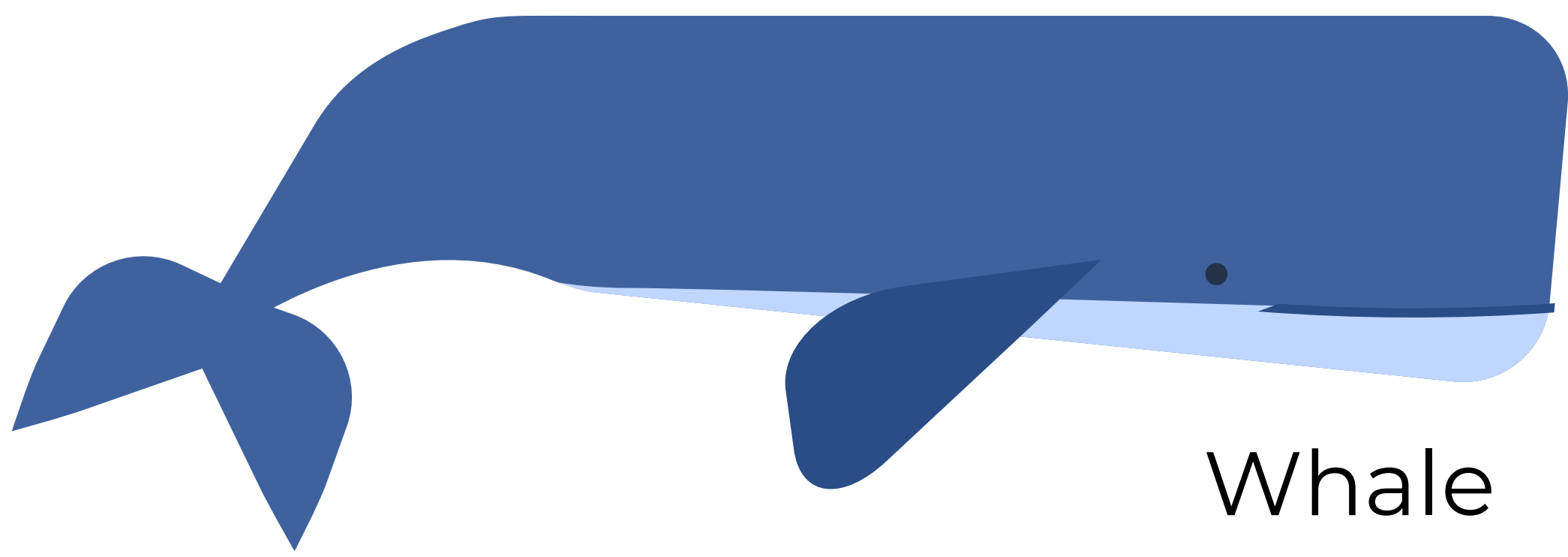


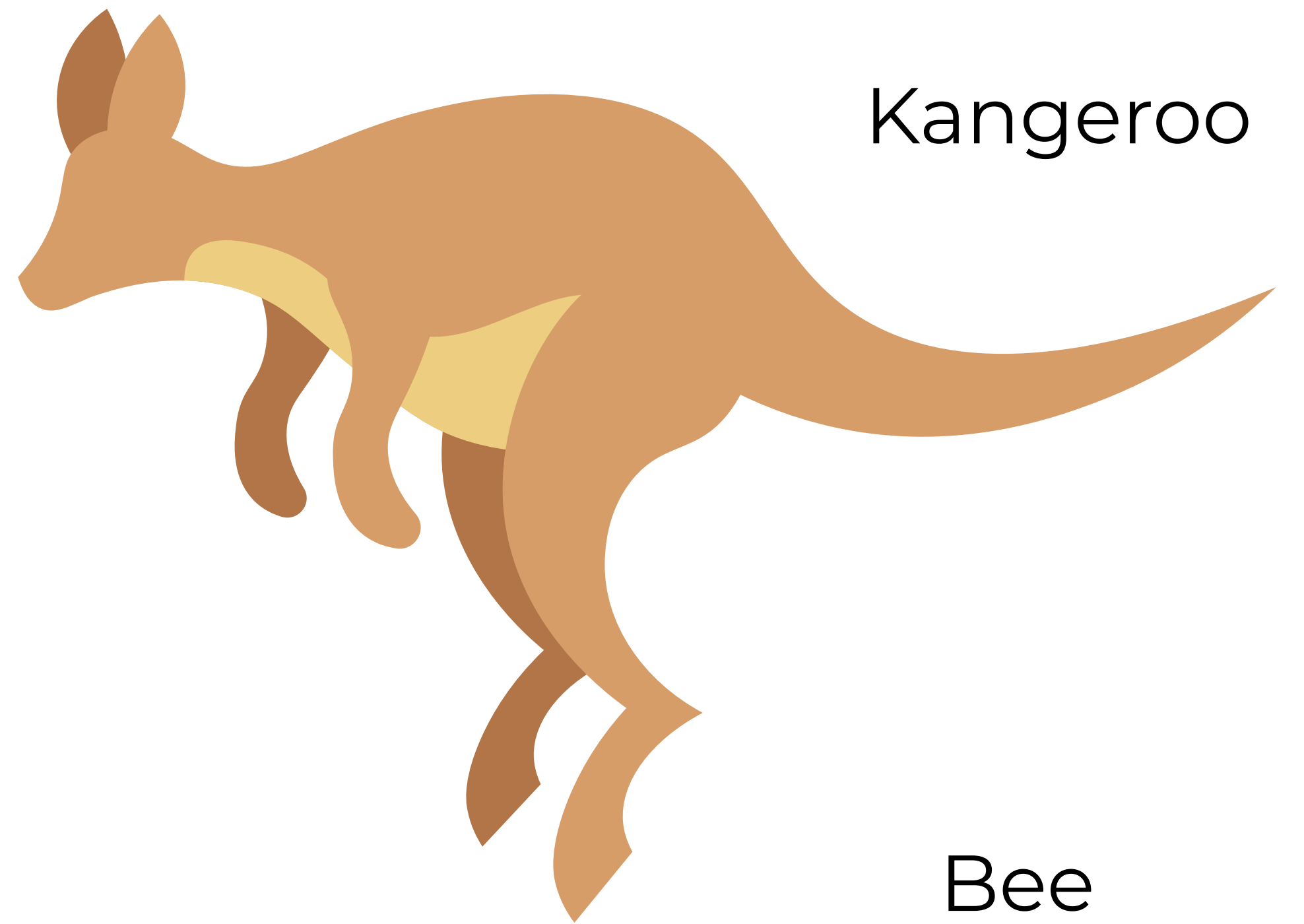
ANIMAL MOVEMENTS

Being aware of our body and how our body feels is important in building mindful awareness. Mindful movement helps us deepen the connection between our brain and our body. Have a go at moving your body like the animals below to strengthen the relationship between your brain and your body. Really focus on how your body feels and moves when you are being each of these animals. How are they similar? How are they different?

Can you move like a...

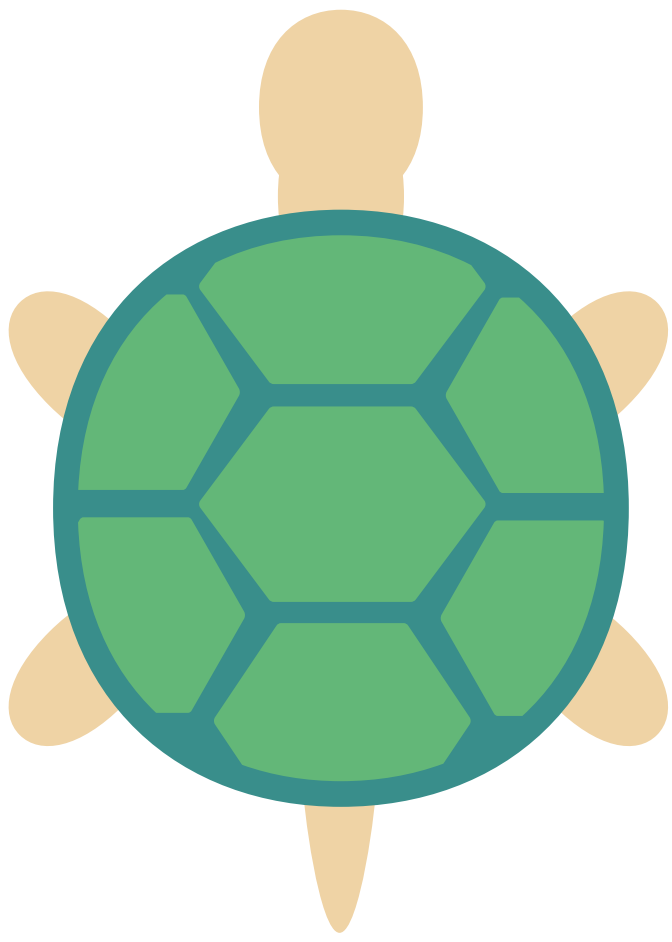


Whale

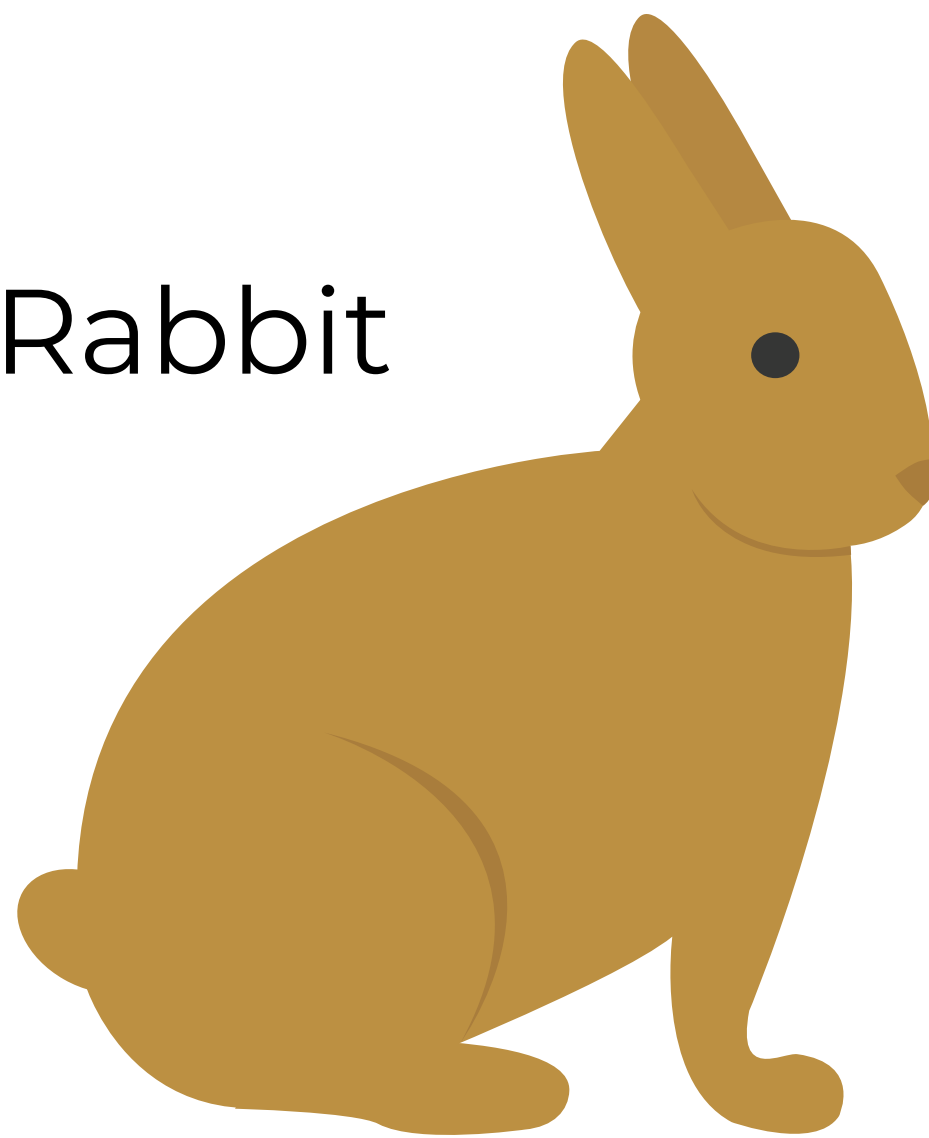


Kangeroo

Tortoise



Rabbit



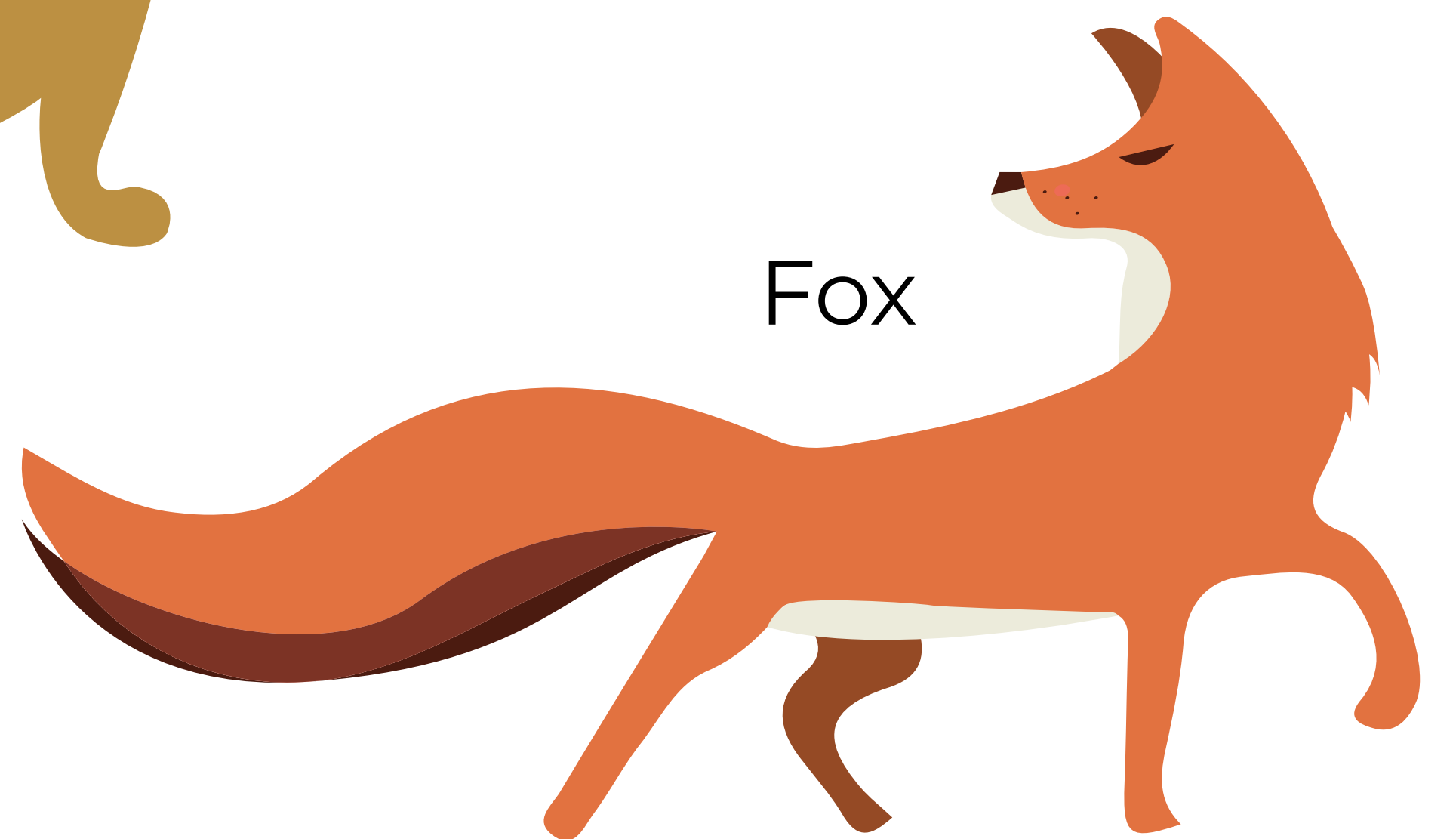
Bee



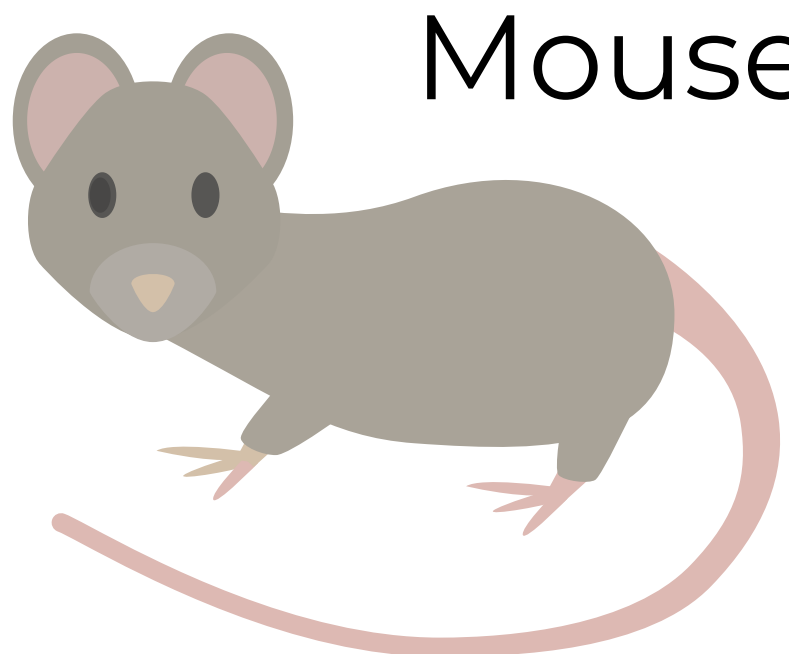
Dog



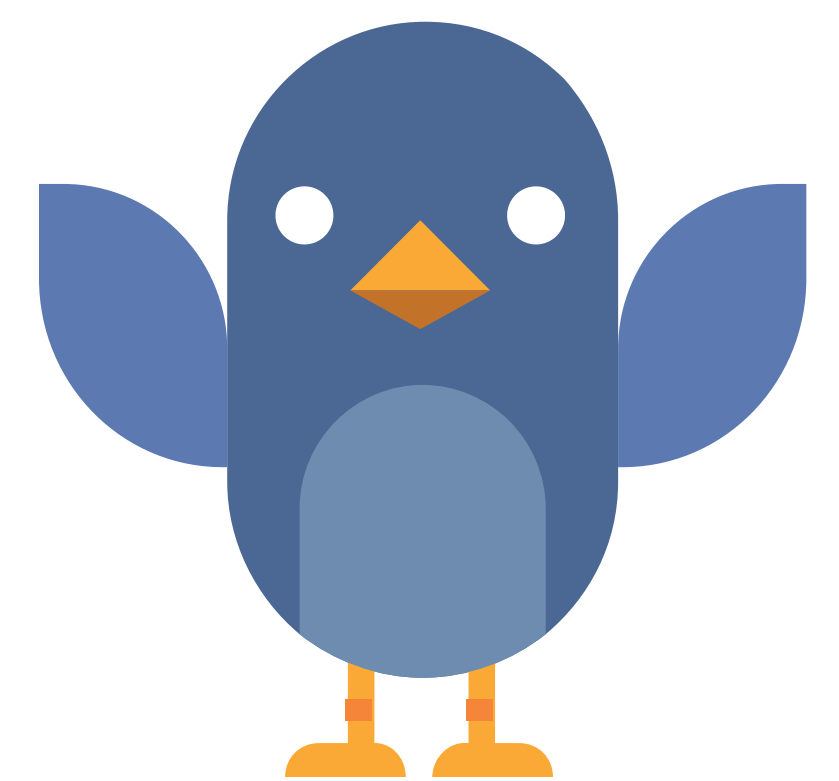
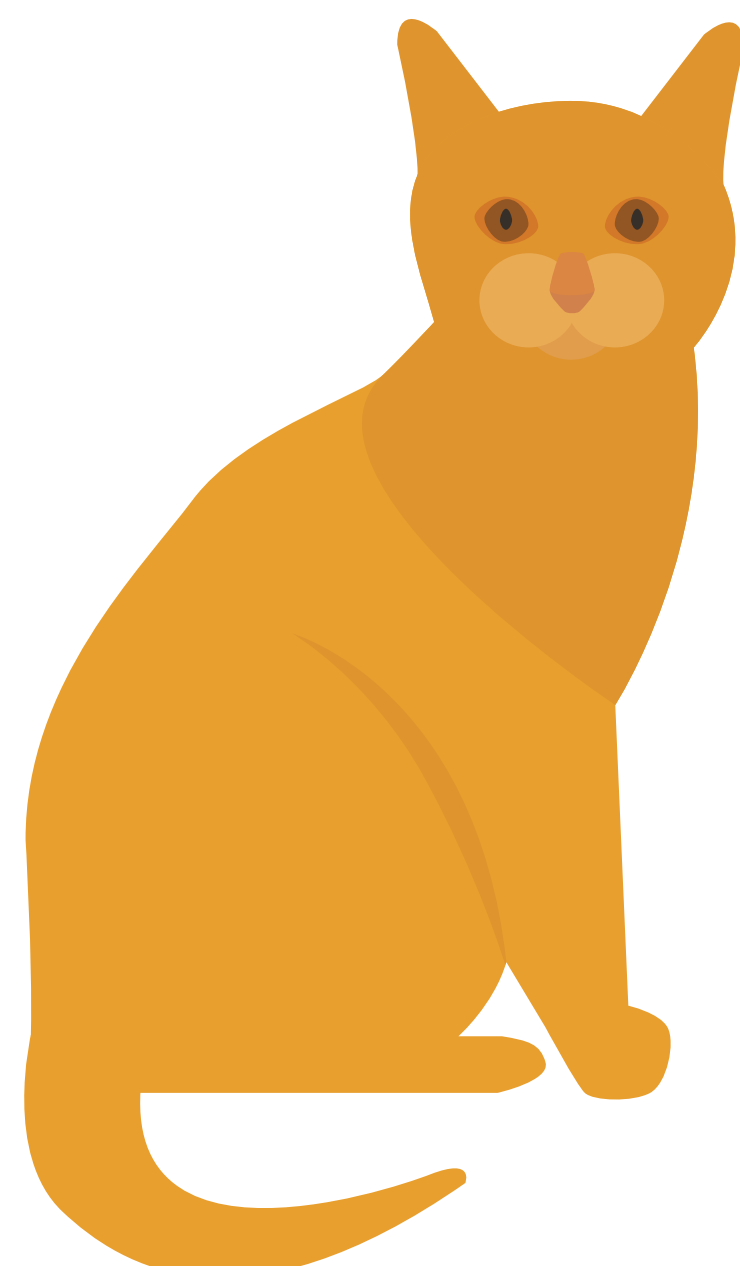
Fox



Mouse



Cat



Bird