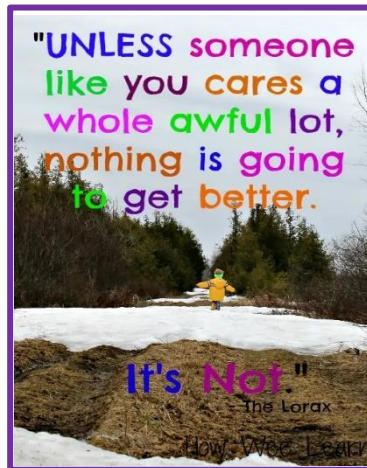


Mindful Monday – Week 8



ZOO YOGA



I am an elephant.
WIDE-LEGGED STANDING FORWARD



I am a crocodile.
PLANK POSE



I am a bear.
DOWNWARD-FACING DOG POSE



I am a tiger.
CAT POSE



I am a hippo.
CHILD'S POSE



Toe-ga

Challenge your family to a game of

Toe-ga!

You will need pom poms or small (soft) objects placed on the floor.

Set a timer for 3 minutes.

See how many pom poms (or small objects) you can pick up with

your toes.

Count the number of objects in your pile. The person with the most it the winner!



Mini Head Massage

Use your hands to make tiny circles on your scalp. This can be a fun thing to make you laugh or it can be a calming thing to do just before bedtime.

Start by holding your hands out in front of you.

Make small circular motions.

Now place your hands on your head and repeat that movement all over your scalp.

Notice if there are any differences between the front, middle or back of your scalp.



Home Scavenger Hunt

Look around your house. Find and write down something that ...

Is in the shape of a circle:

Begins with the letter R:

Rhymes with the word "sat":

Is the color green:

Is something you can eat:

Has a letter M in the middle of the word:

Is in the shape of a square:

Is the colors red and yellow:

Rhymes with the word "wish":

Is something you can wear on your head:

Ends with the letter T:

Can be squeezed:



<https://soundcloud.com/katie-doherty-858495761/stand-like-a-tree/s-f3lOfHccRSj>

This week's meditation from Miss Katie



KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!