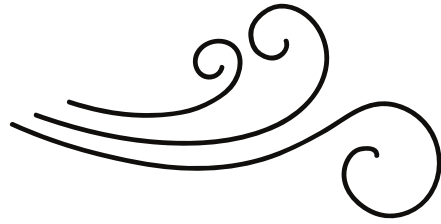


Meditation



Set a timer for five minutes.



Sit somewhere comfortable and close your eyes.

Imagine you are a leaf that has just been blown off a tree.

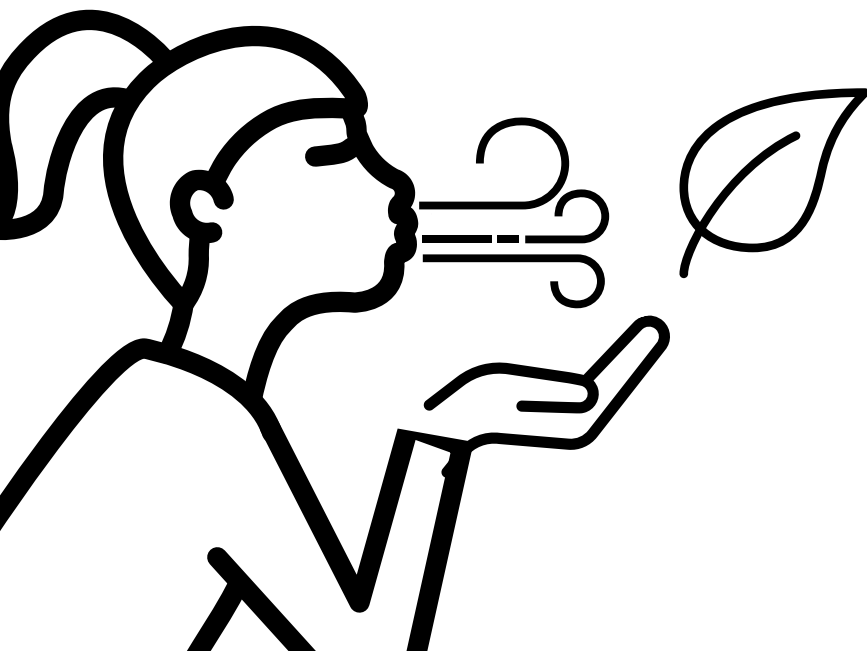
Where does the wind take you? How high do you fly and how does it feel?

When the timer goes off, write down three words to describe your imaginary leaf journey:

1. _____

2. _____

3. _____



Place a leaf on your hand and hold it in front of you. Now, use your breath to blow the leaf off!

Try a small breath, a deep breath, and a super duper deep breath! How far does your leaf go each time?