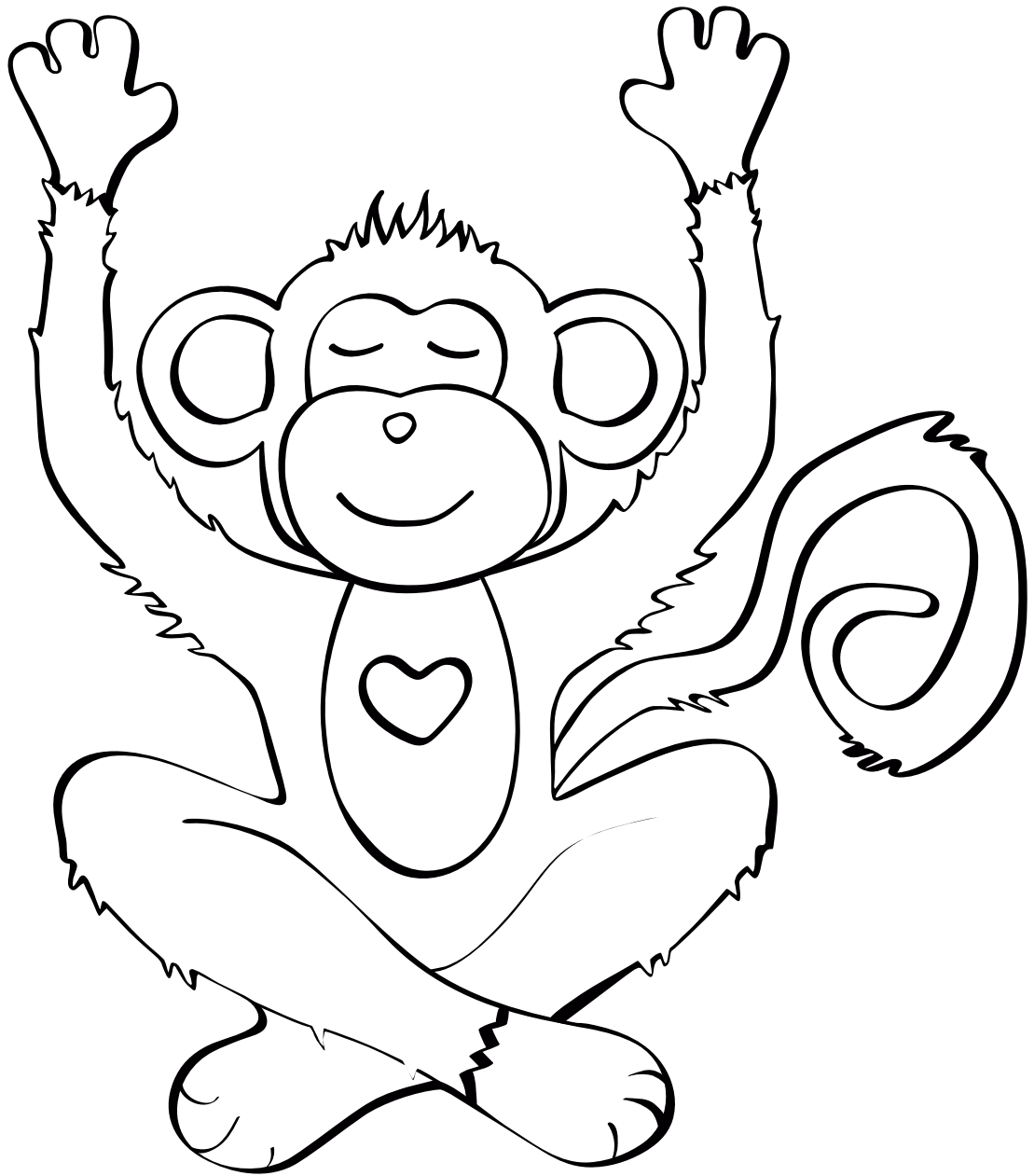
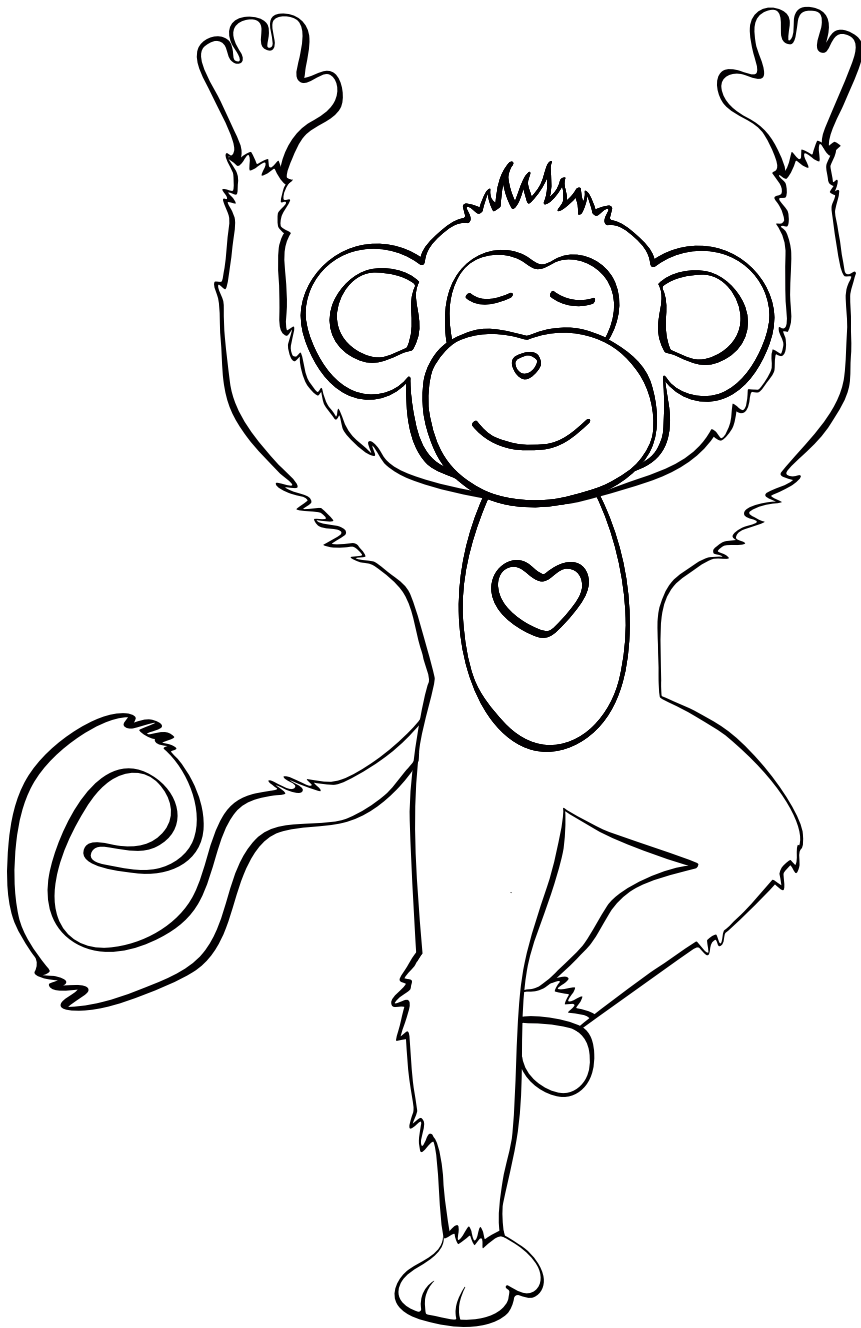


Wake up with MINDFUL MONKEY



Breathe in and lift your arms up
then breathe out and put your arms down.

balance Like a tree



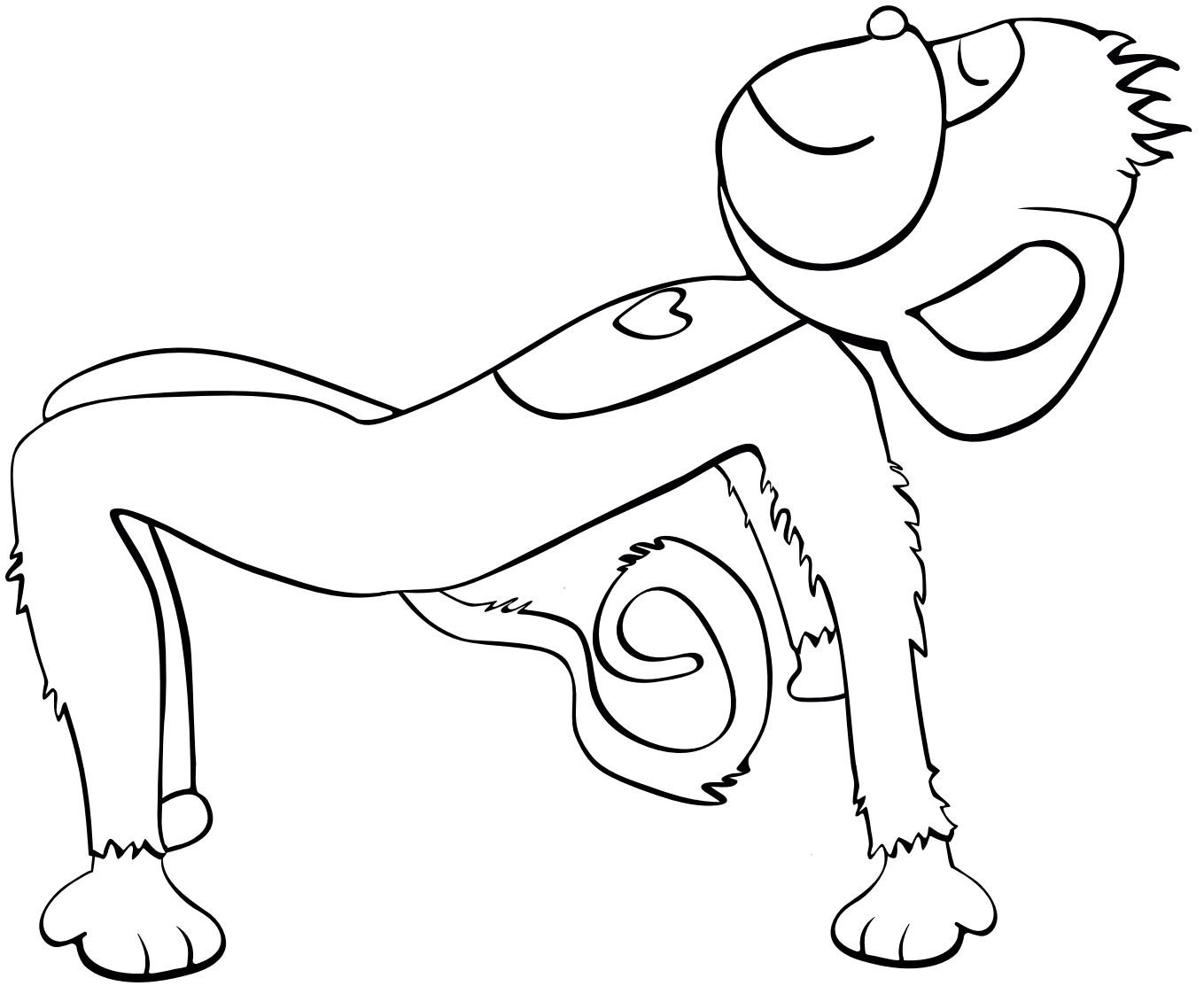
Balance on one leg like Mindful Monkey.
Can you stay quiet and still like an old tree?
Let birds to sit on your head and sing.

be
strong
like
a dragon



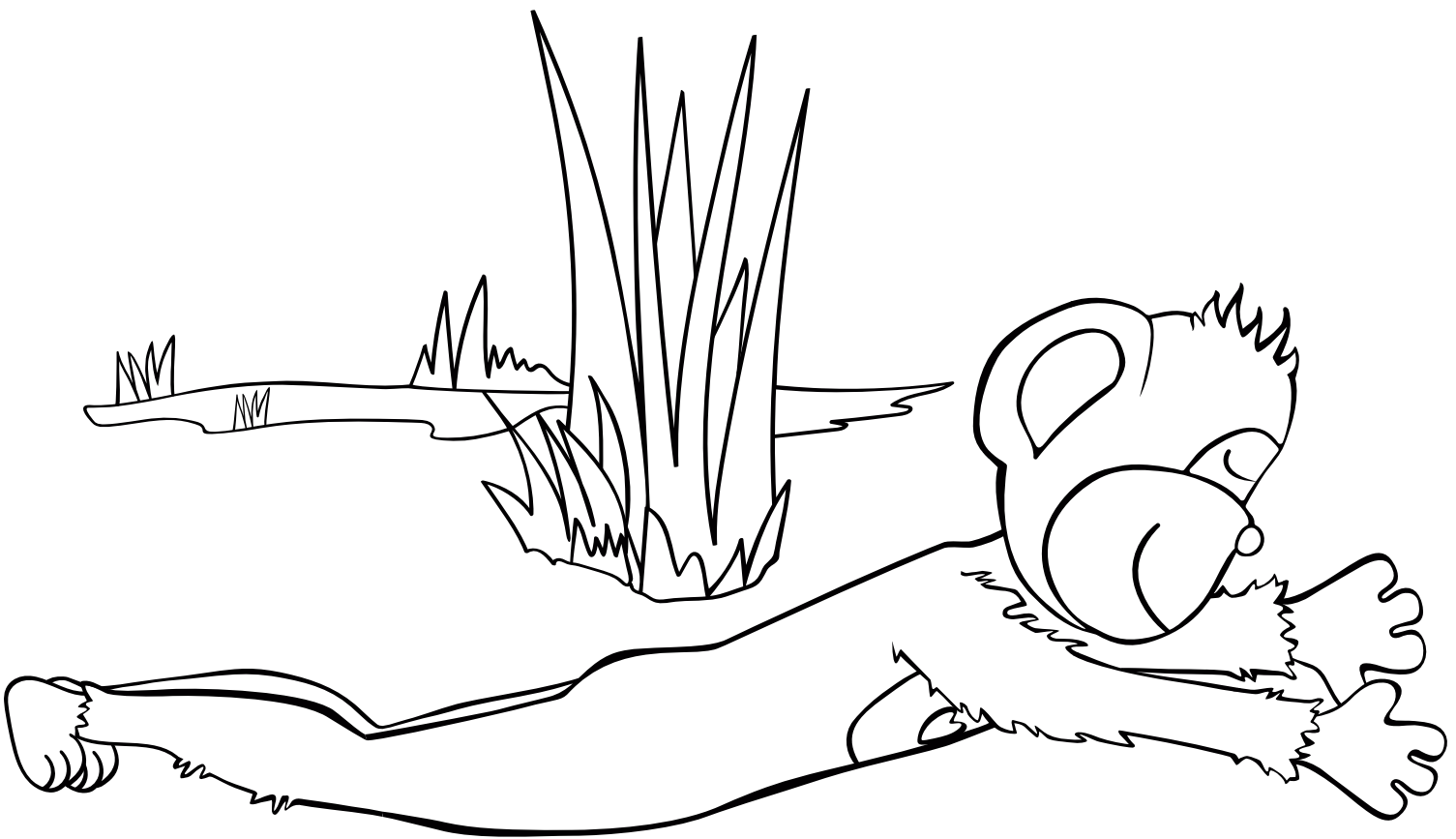
Bend your front leg like Mindful Monkey.
Breathe in and lift your arms up.
Show your dragon wings.
Breathe out and rest your arms.
Can you breathe fire?

WALK Like a crab



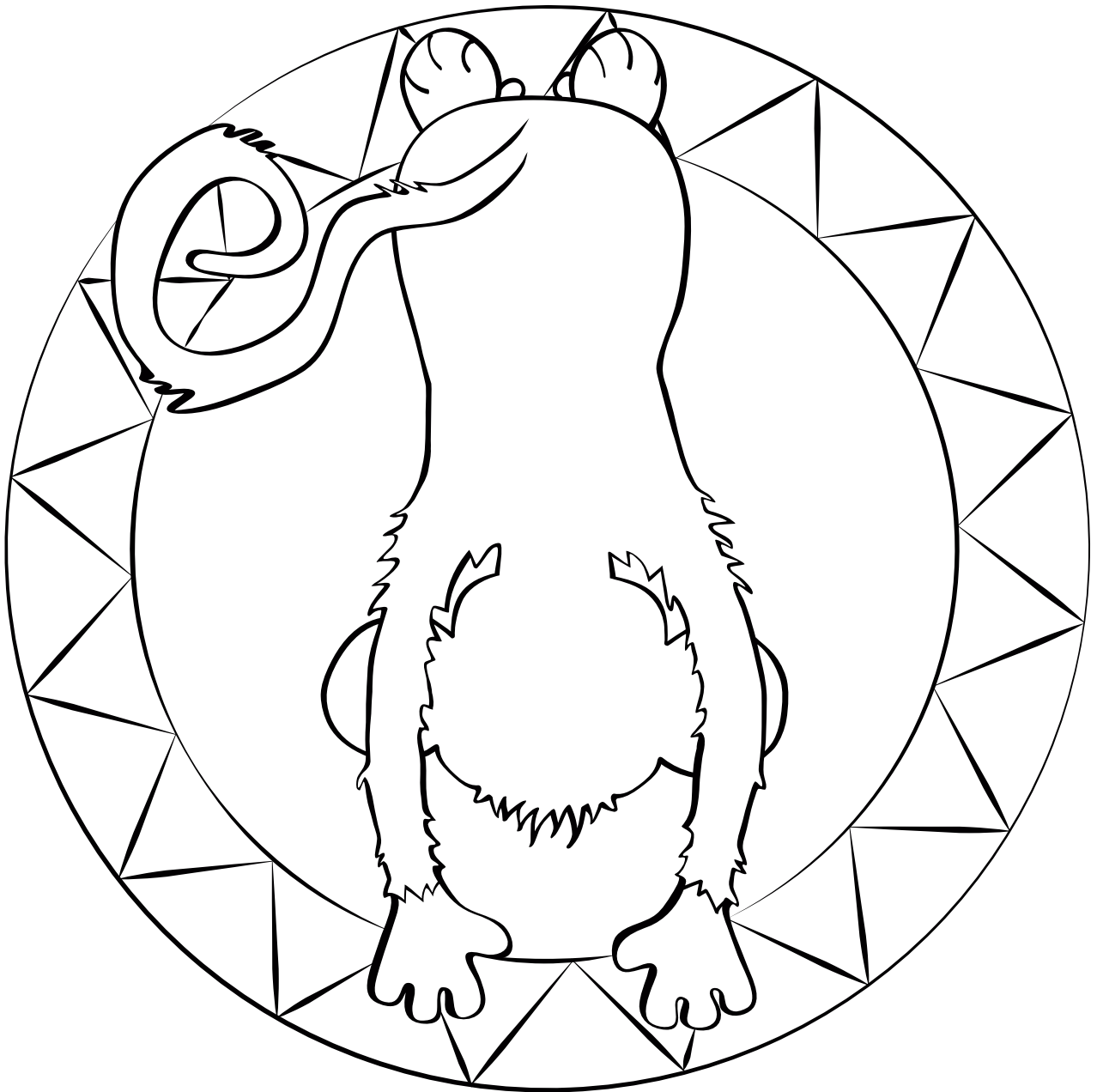
Try to turn into a crab like Mindful Monkey.
Walk around and lift one hand at a time to use your claws.

Hiss
Like
a
Snake



Lie down on your tummy like Mindful Monkey.
Breathe in and lift your body up then breathe out and hiss like a snake.

stretch Like a bUNNY



Go on your knees like Mindful Monkey, extend your arms
and rest your forehead on the floor.
Breathe slowly.