



SPRING CHALLENGE

Breathe Like a Tree

A Look Inside Key Activity.
Helping you feel focused, calm, and steady.

Try it:

Stand tall with your feet firmly on the ground. Breathe in slowly as you stretch your arms to the sky like growing branches. Breathe out and gently sway side to side.

Repeat 3 times.

Notice:

What does calm feel like in your body?

Where do you feel strong and steady?