



HERE

BREATHING
EXERCISE

SCOOPING UP THE SUNSHINE!

1. Gently bend your knees and reach your arms down towards the ground, as if you are scooping up warm sunshine.
2. Slowly breathe in as you lift your arms up, bringing the sunshine with you.
3. Reach your arms high and wide above your head, stretching tall and feeling the warmth of the sunshine.
4. Slowly breathe out and let the sunshine spread all around you as your arms float wide and back down.

Question prompt as you breathe: "What sunshine and joy can you pick up today and spread out into the world?"