

# I am strong.



**Use your strength to catch tricky waves.**

Warrior pose: spread your feet out wide (not too far!)

Easy: put your arms out to your sides. Gently bend your knees.

Difficult: Turn your body/hips so your toes are pointed toward the leader (back heel will be popped up). Bend your knees. Put your arms out to your sides.

Switch sides.

Repeat: I am strong. I am tough. I am a warrior.

# I am kind.



## **Stretch high and spread kindness all around.**

Tree pose: feel grounded and root your feet into the ground. Hands on hips. Put all your weight into one foot. Slowly peel one foot off the ground. Hold it at your ankle. Then your shin. Up to your knee. If you feel wobbly, put your foot back down. When feeling strong/balanced, put your hands up in the air. Wiggle your fingers like leaves in the breeze.

Switch to the other foot.

Repeat: I am kind. I am gentle. I am a good friend.

# I am brave.



**Be brave as you fly down the ski run.**

Chair pose: have both feet parallel. Root your feet into the ground. Tighten up all your muscles! Then let it all go. Do a few times. Slowly bend your knees. Pull in your belly to keep your balance (like when you tightened your muscles, but just your belly). Put your arms straight in front of you. Hold.

Repeat: I am brave. I am good. I am happy.

Stand up and shake it all out!

# I am calm.



## **Be a calm butterfly resting on a flower.**

Seated pose: sit with your feet touching, knees spread out. (if uncomfortable, sit criss-cross apple sauce). Place your hands on your knees, in your lap, or holding your feet. Gently flutter your legs. Close your eyes. Have the kids repeat: I am a butterfly. I am light. Gently floating with the breeze. I feel the breeze on my face. I let go my worries. They float away in the wind. I am a butterfly. I am light. I am calm.