

WONDER WOMAN POSE

TRY THIS

Fun poses can help children feel strong, brave and happy.

Stand with the feet placed on the ground, a little wider than your hip width.

Place your hands or fists on your hips and feel the power of the pose.

Hold the pose for a few seconds then relax.

Repeat several times.

Then relax your arms and legs.

Think about how doing that pose has made you feel.



Mindful Company
07799 892900