

December Family Wellness Challenge

FOUR is More

All this month, we challenge you to try FOUR new **yoga/meditation poses**. If you are already practicing calming moves, it's okay to keep using these movements to calm your body and record them below. Challenge yourself to try at least 1 new yoga/meditation pose. Draw or write about one movement in each box below. **Return to school after December 16.**

Some yoga/meditation poses include... airplane pose, balancing table, balloon breath, bridge pose, butterfly pose, camel pose, cat pose, chair pose, child's pose, cow pose, dolphin pose

Check out this website for yoga/meditation tips: <https://www.namastekid.com/tool-type/kids-yoga-poses/>

If your child has not received their Fitness Finder necklace, please visit the following website and complete the family contract: <http://tses.hcpss.org/news/2019/10/tses-monthly-wellness-challenges>

Name _____ Grade _____

Parent Signature _____