



Fly Like a Bird!

- Find a place to stand where there is enough room to raise your arms straight out to the sides and over your head
- Stand with your feet shoulder width apart and take a deep breath
- Arms hanging down to the sides of your body
- Pretend that you are a bird on a branch
- Inhale, and allow the arms to slowly float up, stretch up on your toes
- Exhale, arms floating down to your side, bend at the knees
- Feel light as a feather as you fly!
- Repeat this for a few minutes and then sit down and talk about how it felt to fly!
- What did you see as you were soaring?
- What kind of bird would you be?
- What would your nest be like?

