

Movement Challenge!

Movement can be a type of meditation, especially if the movements are repetitive. This could be something like Yoga or Tai Chi, or even jogging and walking!

Try paying close attention to how your body feels, or to any small changes in your heart rate or breathing as you move.



Try a yoga Pose!

Movements like stretching or yoga can increase your blood flow and deepen your breathing. They can also help improve your flexibility and posture and can even prevent or reduce pain!

During the stretch, try to take deep breaths and focus on your breathing. This can help calm you down even if you do not feel upset or stressed, and leave you feeling more relaxed and energized at the same time after you're all done!

When you have some time, try one or all of these different movements!



Go for a walk!

Movement can even improve your mood! Exercise can increase your endorphins which can have a chemical effect in your brain to make you feel good. Exercise can also reduce the negative impacts of stress!



Dance!