

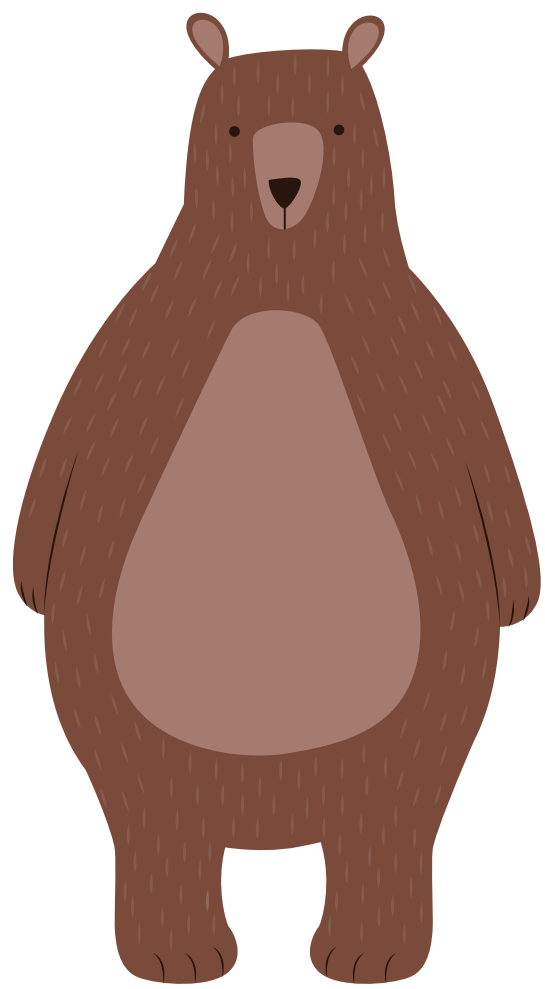
Firework Pose

Stand tall with your arms by your side. Take a big breath in and as you breathe out create a firework with your arms. It is up to you if you are a quiet or loud firework!



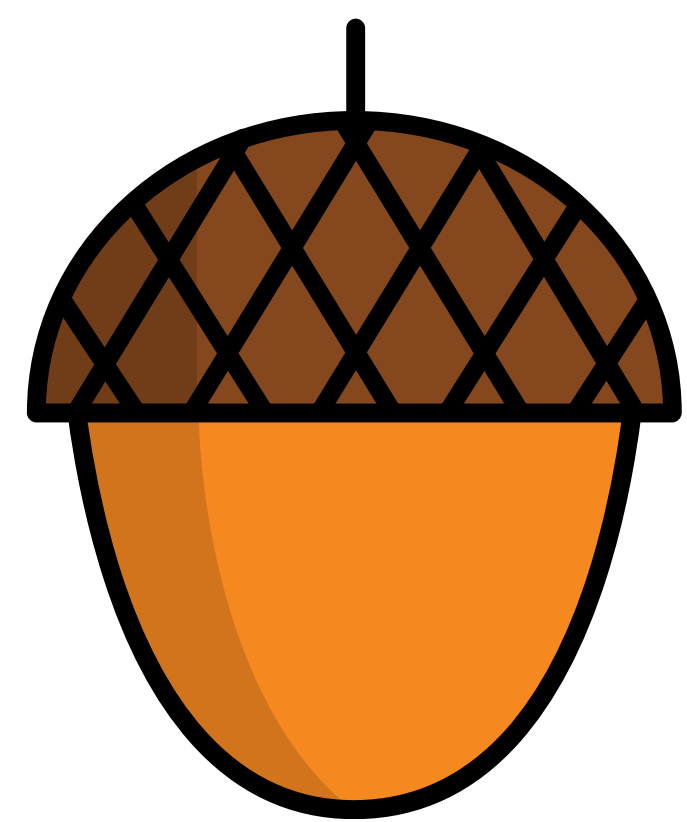
Fox Pose

Get on your hands and knees. Take a deep breath in and gently drop your belly and lift your hips. Look up towards the ceiling and wag your tail.



Bear Pose

Stand tall with your back straight and your arms down by your side. Imagine being a strong bear. See if you can stand still for 1 minute!



Acorn Pose

Curl up like a little acorn. Rest your forehead on the floor and stretch out your arms. Smile :-)



Fire Breath

Cup your hands around your mouth, take a deep breath in and blow gently into your hands, Your breath will warm your hands up.



Hot Chocolate Breath

Can you rub your hands together really fast until they become warm. Then close your eyes and imagine you are holding a warm delicious hot chocolate. Take a deep breath in and imagine that wonderful chocolatey smell! Breathe out and feel happy :-)



Love Meditation

Lie down and close your eyes. Think about someone you love. And send them some magical thoughts of love. Now think about yourself and what you love about yourself. Send yourself some magical thoughts of love. Now think about someone who has upset you recently and send them some magical thoughts of love. Now think of the whole world and all the people on it! Can you send them some magical thoughts of love.



Star Affirmation

Repeat these words very quietly
I SHINE BRIGHT LIKE A STAR
and then say them a little louder
and a little louder until you really
feel their power!