

## **Flower Mindful Movement & Spring Discovery**

1. Take a moment to, while standing, breathe in Peace. Breathing in, lift your arms out to the side, palms up, until your arms are shoulder level, parallel to the ground. Breathing out, touch your shoulders with your fingertips, keeping your upper arms horizontal. Breathing in, open your arms, extending them until they're stretched out to a horizontal position again. Breathing out, bend your elbows, bringing your fingertips back to your shoulders. Open and close 3 more times.

When you breathe in, you are like a flower opening to the warm sun. Breathing out, the flower closes.

2. Discover which types of flowers have opened in your neighborhood or at your school.

## **May Peace Prevail on Earth**

Resource: Thich Nhat Han's Mindful Movements