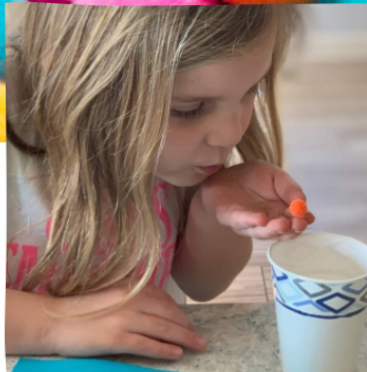


in a bag



Pom Poms

Pom Pom Pictures-
Dump out your pom poms and put on some relaxing music. Use your pom poms to create a picture! It can be anything!



Move your Body

Put on your favorite music and move your body in any way that feels fun! How do you feel after dancing?

Pom Pom Breathing Mazes-
Use your plaidoh to create a maze. Take one pom pom and see if you can get it through your maze!



Magic Stone

Hold your magic stone in your hand. When you are feeling scared, worried, or anxious rub your magic stone and tell it your worries.

Pom-Pom Basketball-
Place pom poms in your hand. Place your empty cup in front of you. Practice blowing a pom pom into the cup. How many baskets did you make?

Feathers

Feather Breath- How many times can you blow the feather up in the air without letting it touch the ground?

Magic Stone Stillness- Lie down on your back. Place the cool, magic stone on your forehead. Stay very still so your stone does not roll off. Take 10 deep breaths in and out!

Feather Feelings- Throw your feather up in the air and observe it as it comes down. What did you notice? Can you move like a feather? If you had to assign the feather a feeling what would it be?

