

Well-Being Wednesday: YOGA



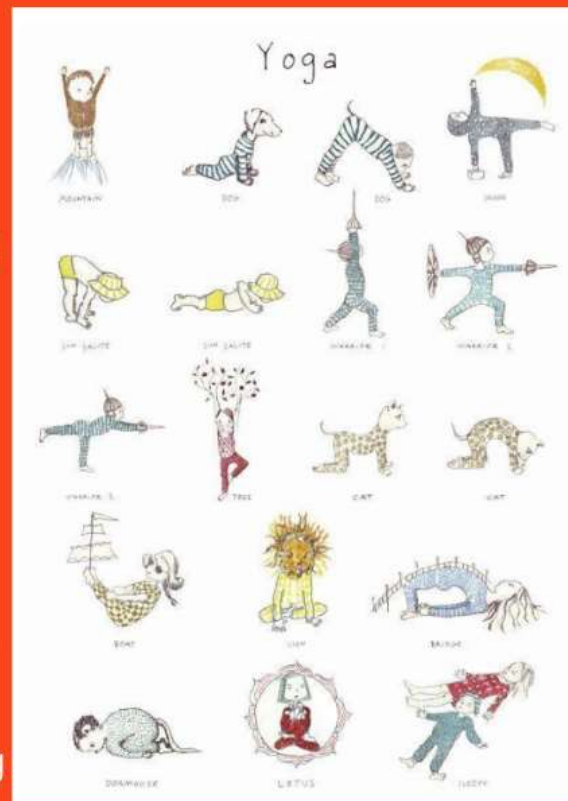
Complete the Yoga routine with some relaxing music on. Hold each pose for up to 20 seconds.

Complete each move slowly and try to relax and breathe.

Complete it once and write down something great about a family member.

Repeat the poses the second time and write down something great about a friend and finally repeat it a third time and write something great about yourself.

Challenge- Tell us one great thing about yourself. Write it on this weeks worksheet.



#HSGDAILYCHALLENGE