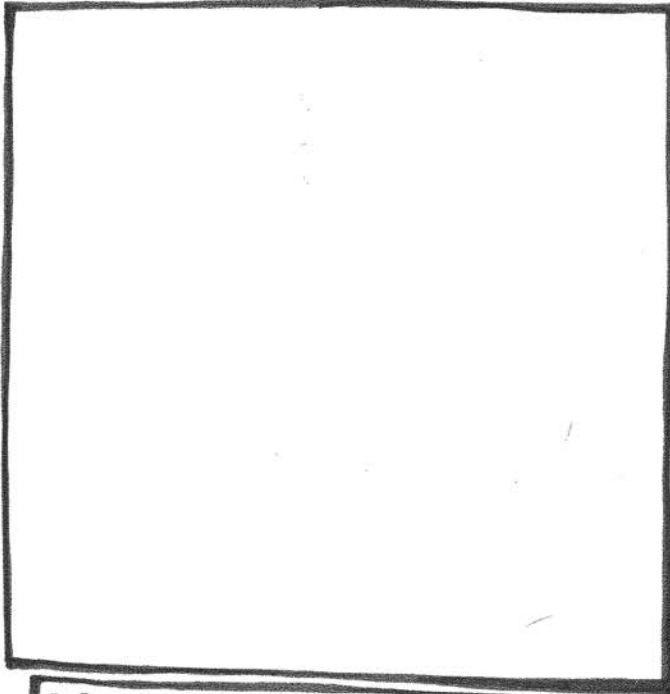
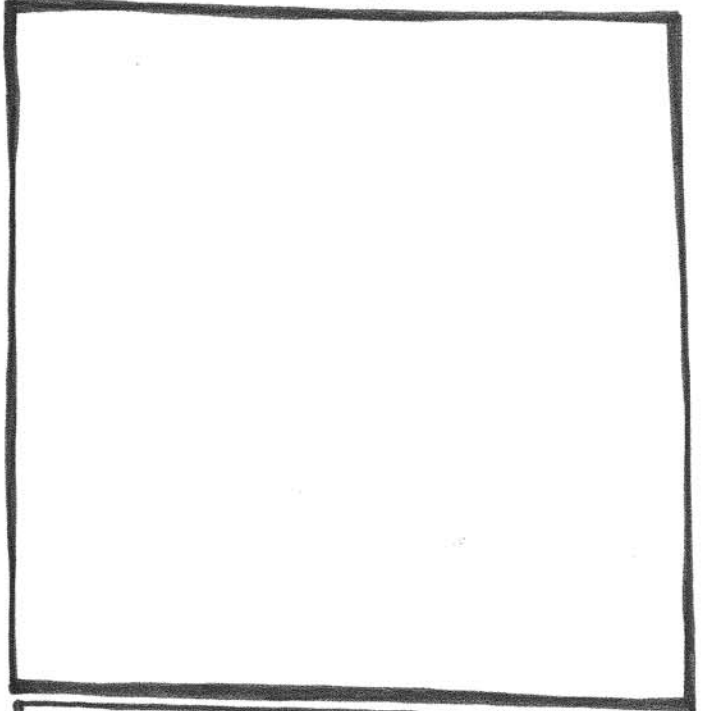


# Mindful Bodies

Draw a picture of:



NOT mindful body



Mindful Body

How do we sit when we are in our Mindful Bodies?

- |         |         |
|---------|---------|
| ① _____ | ④ _____ |
| ② _____ | ⑤ _____ |
| ③ _____ | ⑥ _____ |

★ **Challenge:** If you get sleepy in class, try getting into your mindful body. Notice if this gives you more energy.