

HOW MY BODY MOVES

Think of your body and all the wonderful ways it moves.
Create 5 new dance moves and give each a name.

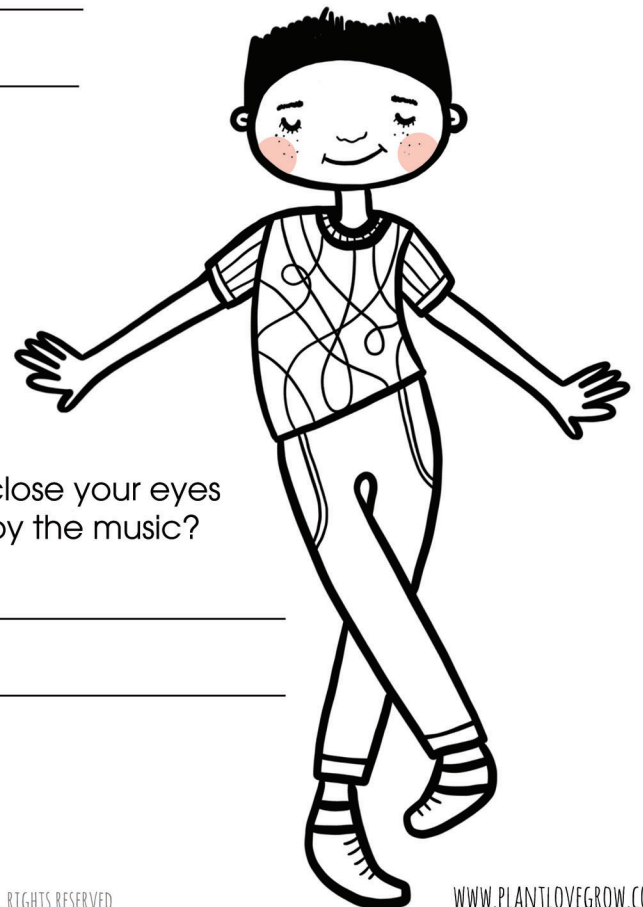
1. _____
2. _____
3. _____
4. _____
5. _____

Think of your body and all the things you can do with it.
Write 3 things that you are grateful for about your body.

1. _____
2. _____
3. _____

Think of your body as your friend.

How is this friend there for you?



What does it feel like to close your eyes and get carried away by the music?
