



LIVE YOUR WHY

Afterschool Edition



**Select a new genre of music using
your favorite listening app.**

Close your eyes and listen to a whole song.
Breathe deeply and listen.



How did your body respond?

How did the music make you feel?

Ask a friend for a song suggestion.



Looking for other ideas to help plan your afternoon? Visit us at
www.healthylamoillevalley.org/liveyourwhy