



## Live Your Why – Afterschool Edition

**Listen to some music.**



Close your eyes and breathe deeply.

What do you feel?

What does your body want to do (dance, sleep?)

Switch music... and try again... do you feel differently?

Try some of these types of music:

World music, Jazz, Irish, Country, Hip Hop, Classical, Latin, African



Looking for other ideas to help plan your afternoon? Visit us at

[www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)