



# LIVE YOUR WHY

## Afterschool Edition



Have you ever tried to **meditate**?

Meditate = think deeply and carefully about something.

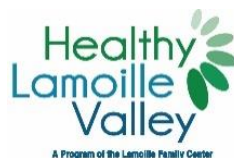
Think of a topic you'd like to think about more. Go for a short walk and try to think only about that topic.

Take time to breathe deeply while you walk.



Was it easy or hard to stay focused?

Why might you be motivated to slow down, breathe, notice, meditate?



Looking for other ideas to help plan your afternoon? Visit us at [www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)