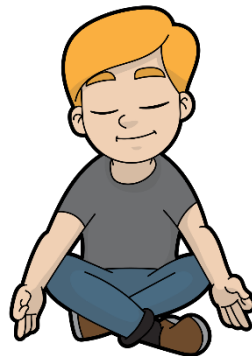




Live Your Why – Afterschool Edition

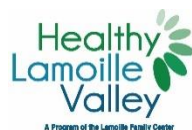
Have you ever tried to **meditate**?

Meditate = think deeply and carefully about something.



Sit in one place, outside or inside, get comfortable, close your eyes and breathe in and out...try 10 belly breaths.

Why do you think you might want to meditate?



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