



Live Your Why – Afterschool Edition

Try this guided visualization meditation to help
relax you mind and body.

[Guided Meditation for Children | Your Secret Treehouse | Relaxation for Kids](#)

Scan this:

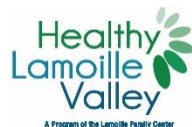


youtube.com/watch?v=DWOHcGF1Tmc



How did you feel after the meditation?

What other places and things can you visualize or think
about to help relax yourself?



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