

WEWOW

EARTH WEEK

PRODUCED BY *Tinkercast*

Activity: Animal Yoga

In this episode, Bow the whale sings a song about chilling out. Nothing chills a body out like some yoga! Bring your practice outdoors and you'll get the added benefit of stimulating your senses and enhancing your connection to the natural world. Let's strike a pose for planet earth!

Wow- To:

Step 1: Find a nice open space outside in nature.

Step 2: Strike a pose that represents Gerry the giraffe- think long legs and an even longer neck.

Step 3: Close your eyes, hold the pose and imagine you're Gerry the giraffe connecting with nature.

Step 4: Choose another animal and make up a pose for that animal.

Step 5: Repeat as often as desired.

