

I can be a Pretzel

Making your body into a pretzel can be fun and can help your body feel more happy, calm and relaxed. Ahhhh!

Every time you try making your arms into a pretzel - check one off, colouring it, or put a sticker on top! Next time you can show many how many pretzels you've been!

If you fill this page, you can start a new one!!

Here are the steps...

- put your arms straight out in front of you
- put one arm on top of the other
- point your thumbs down to the ground
- lace your fingers (overlap one at a time)
- slowly fold your hand in and up towards your body
- rest your hands against your chest
- enjoy a few slow breaths here!

