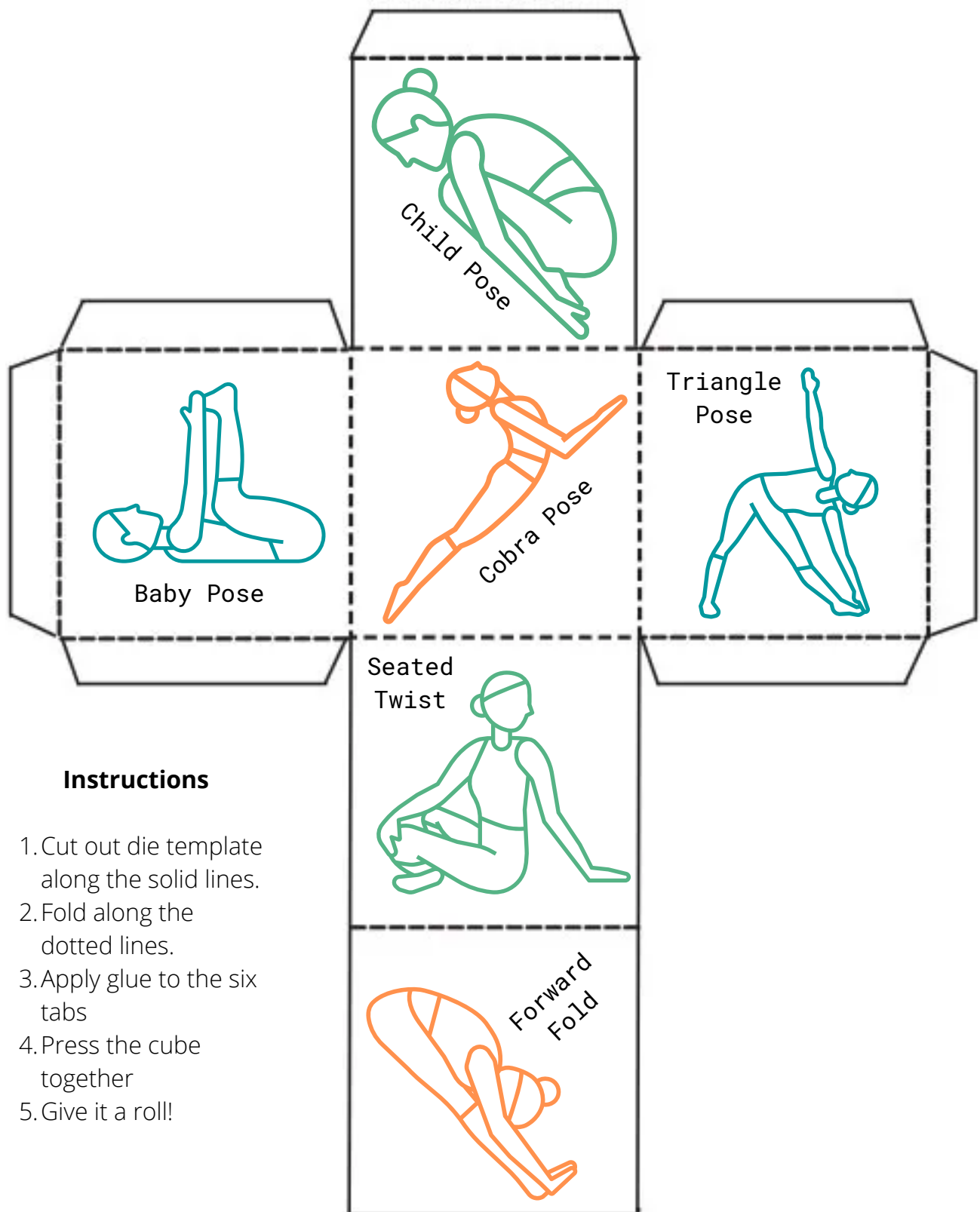


DIY Yoga Dice

You've been at your desk for hours and you need a stretch! Give this die a toss and try out whatever pose it lands on.



Instructions

1. Cut out die template along the solid lines.
2. Fold along the dotted lines.
3. Apply glue to the six tabs
4. Press the cube together
5. Give it a roll!

Labyrinth Meditation

Inspired by Education's Voice Mindfulness in the Classroom

A labyrinth is a spiral path that moves from the outside toward the center. It has been used for relaxation and prayer for over 4,000 years!

How to do a Finger Labyrinth Meditation

- Take a few deep breaths and focus on the start of the labyrinth.
- Place your pointer finger on the entrance.
- Slowly trace the pattern of the labyrinth with your finger, spiraling toward the center. Let your mind calm as you focus on following the path.
- Stop when you reach the center and take a deep breath, then begin to retrace your path out of the labyrinth.
- When you exit the labyrinth, sit back and take another deep breath.

Need help focusing? Try using your non-dominant hand!!

