

BRITNEY WINN LEE

BORGHILD FALLBERG



GOOD NIGHT, Body

FINDING CALM
FROM HEAD TO TOE

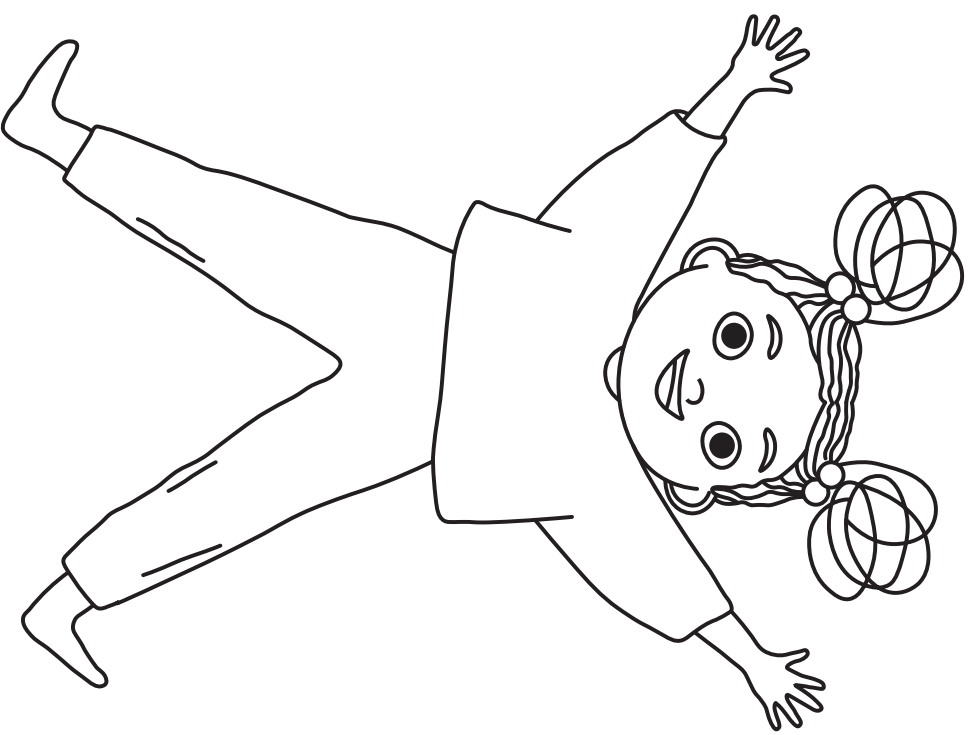
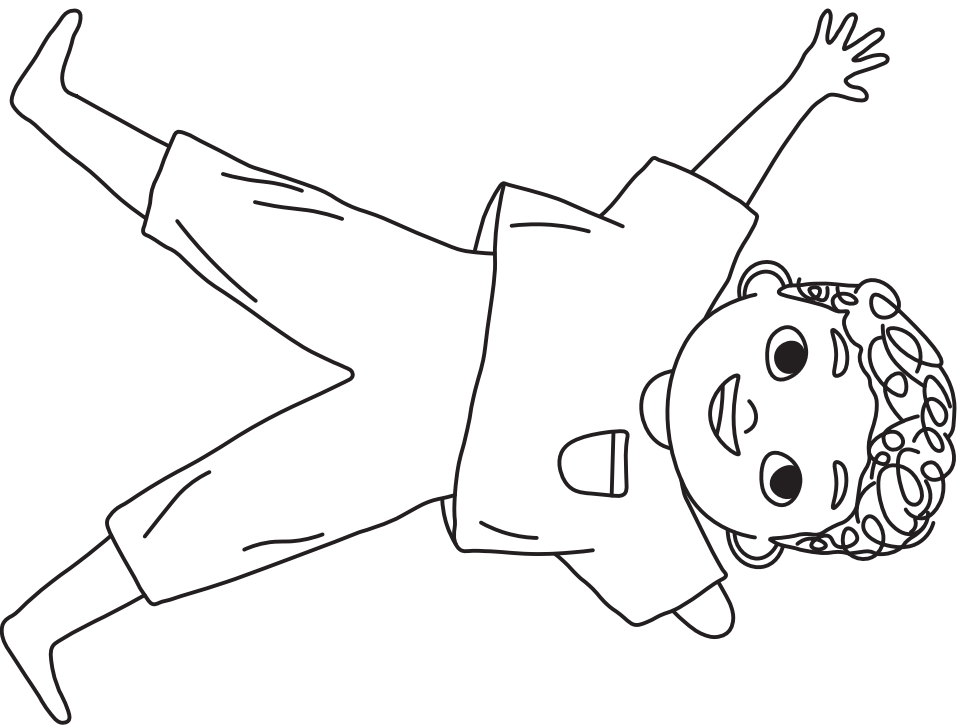


ACTIVITY GUIDE



BODY SCAN ACTIVITY

Color in each body part as you scan and check in with your body



MATCH THE BALLOON TO THE SHAPE

moon

heart

oval

star

circle



MAZE THROUGH TOWN

