

THANK YOU!



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If you have any questions please feel free to email me at admin@childhood101.com.

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Best wishes, Christie

STOP BY AND SAY HI!



General Printing Instructions

Be sure to select 'Fit to printable area' (or similar) to ensure the page fits with your printer type and local paper size. Please also check your paper orientation setting.

We suggest printing re-usable game boards and game pieces onto matte photo paper or card stock and laminating before use.

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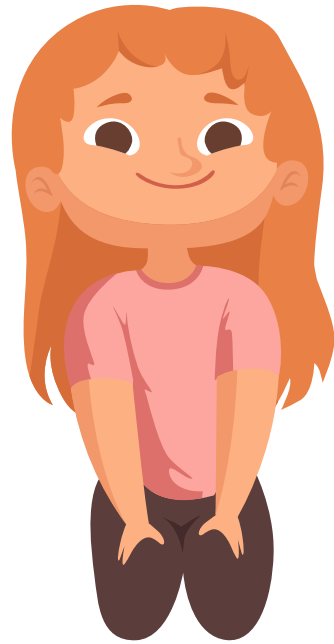
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Thank you for respecting my work.

**Pretend to
be a Seed**



**Grow into
a Bud**



**Water and
Sunshine**



**A Flower
Blooms**



Grow into a Bud

Sit up from Seed pose,
resting your bottom
between your feet and
leaning your torso forward
slightly.
Rest your hands on your
thighs.

Pretend to be a Seed

Sit back on your heels.
Slowly bring your
forehead down to
rest on your knees.
Rest your arms down
alongside your body, and
take a few deep breaths.
Pretend to be a seed in
the garden.

A Flower Blooms

Sit cross legged.
Lift your bent legs,
balancing on your sitting
bones, and weave your
arms under your legs with
your palms facing up.

Water and Sunshine

Stand with your feet
hip-width apart. Stand up
straight, let your arms
relax to your sides. Turn
your palms forward and
spread your fingers out.
Lift your head higher while
breathing deeply.

**Say hello
to the *Sun***



**Pretend to
be a *Tree***



**Plant the
*Seed***



**Pretend to
be a *Frog***



Pretend to be a *Tree*

Stand with two feet together. Slide the foot of one leg up to rest on the inside of the knee on the other leg. Hold your arms out to the sides or raise them up above your head.

Say hello to the *Sun*

Stand tall with your legs hip width apart. Start with your arms down by your sides. Turn your palms out, look up to the sky and reach your arms high above your head.

Pretend to be a *Frog*

Come down to a squat with your knees apart and your arms resting between your knees. Jump up like a frog and then return to a squat position.

Plant the *Seed*

Stand with your legs apart, feet facing slightly outwards, bend your knees. Try to rest your elbows on top of your knees and balance in place.

The *Wind* pose



Fly like a *Bird*



Pretend to be the *Falling Rain*



Pretend to be a *Butterfly*



Fly like a Bird

Stand with your arms held out to each side.

Step forward onto one leg, with your chest pushed forward.

Look toward the front and raise your back leg.

Hold the position for as long as you can.

Repeat on the other leg.

The Wind pose

Stand with your legs apart. Reach your arms out to the sides, stretching your arms as wide as you can.

Pretend to be a Butterfly

Sit with your knees bent and the soles of your feet touching.

Gently hold your ankles and then raise and lower your knees like the flapping wings of a butterfly.

Pretend to be the Falling Rain

Stand with your arms stretched high above your head. Bend your upper body forward, reaching for your toes. Brush your fingertips against the floor and then stretch back up toward the sky.