(Pretend You’re A) Tree Pose

1. Pretend your body is the trunk of a strong tree.
2. Now stand up straight and balance on one foot.
3. Place your other foot on the inside of your balanced leg. Your knee should be pointing to the side and your heel pointing up your leg. Leave your toes on the ground if you need to for balance.
4. Bring you hands together in front of you. These are the branches!
5. Raise them above your head and be a proud tree. Keep this pose for as long as you can, maybe even 30 seconds.
6. Switch legs and start over.

Physical activity makes your heart happy!
Get one hour or more of physical activity every day.
Activity adapted from Kerr Cartwright, First Grade Teacher, Young Elementary School, Saco, 2008