

Your Weekly Challenge (1)

Monday

Squeeze and let go

Tuesday

Feel each other's heartbeats

Wednesday

Go on a 'safari'

Thursday

Find shapes in the cloud

Friday

Color your feelings' together

Saturday

Listen to music and guess the instruments

Sunday

List all the things you are grateful for

Everyday (I get better)

Spend 5 to 10 minutes for a guided meditation.

Practice one breathing technique.

Try five yoga poses.

;-)

