

BRAIN TRAINING

Did you know 3 different parts of your brain get stronger when you meditate? Let's get your brain working out. It's easy! Here's how...

Directions:

First, let's meditate to work out your mind by taking 10 slow, deep breaths.

Here's how:

1. Close your eyes.
2. Count to 3 each time you inhale.
3. Count to 3 each time you exhale.
4. Do this for 10 breaths.

Now color how your brain lights up with activity when you meditate.

