

Find Your Balance

Tortoise and Hare learn that sometimes it's good to be fast and sometimes it's good to be slow—but mostly, it's good to have a friend to help you find the balance. With a group or on your own, try out Tortoise and Hare's favorite activities to help you slow things down, feel energized, and be the best version of you!



Tree Pose

Stand up tall with two feet on the ground, chest proud and shoulders relaxed. Find a spot to fix your gaze upon that is not moving, like a door handle or a spot on the wall. Breathe in and out deeply through your nose. Bring your palms together by your heart. Now take one foot, place it against your other ankle, and pause. Keep your focus on your spot, then slowly lift your foot higher on your standing leg, above your knee. Slowly reach your arms (like branches) to the sky. Repeat on the other side.

Energizing Breath

Stand with your legs wide apart, toes turned out. Bend your knees a little. Reach both arms out in front of you, make your hands into fists, and take a big breath in through your nose. As you breathe out, pull your elbows straight back by your sides, arms bent, fists turned up to the sky, and yell “HA!” Repeat this eight times. Next, raise your arms over your head, breathe in through your nose, and draw your elbows straight down to your sides, letting your breath out with another “HA!” Repeat!



Lizard on a Rock

With a friend, start by deciding who is the “rock” and who is the “lizard.” If you are the rock, get into child's pose. If you are the lizard, sit very gently at the foot of the rock facing in the opposite direction. Rest your back gently against the rock and lean your body all the way back, lying over the rock with your heart open to the sky. Let your arms fall wide on either side of you. Once both the rock and lizard are settled, begin to breathe in and out slowly through your noses, and notice each other's breaths on your backs. See if you can make your breaths the same length and rhythm, finding the perfect mix of stretching and relaxation. When you are ready, change places.



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TORTOISE AND HARE

by Susan Verde • illustrated by Jay Fleck



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