

Chill Routine



STEP 1 MOVE / Wiggle

STEP 2. MOVE / Bring in Happiness

1



Grab
HAPPINESS
from the earth

2



Grab
HAPPINESS
from the earth

3



Put it
TOGETHER

4



Put it
into your
HEART

RELAX, listen to the following

STEP 3. Just Breathe

STEP 4. Starlight Tree

STEP 5. Ride your Dragon



STEP 5. MOVE / I feel Calm



I



Feel



Calm