

USING YOUR HEAD!

Take time to notice what you feel in your head, neck and shoulders.



Mindful Moments



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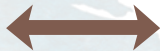
1

Standing tall and relaxed, carefully lift and lower your chin a few times, don't tip your head back though.



2

With a level chin, look left, pause, return to centre, look right and back to centre.



3

Breath out and tilt your head to the right, breath in and return head to centre. Breath out and tilt your head to the left, breath as you return head to centre.



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