

Flower Yoga Story

Yoga is a great way to give our bodies movement in a calming and regulating way! Yoga stories are meant to help us understand the process of an event from beginning to end - this story helps us understand what is needed to nourish flowers and plants so they can grow. This yoga story will give us knowledge to support the rest of our activities throughout the week!

What you'll need:

- Clear space inside or outside
- Yoga mat or towel

Directions:

Perform all steps of yoga story worksheet in order as many times as you would like.



Activity found at: [ToolsToGrowOT.com](https://www.toolsforgrow.com)

