

CONNECT & CULTIVATE ON YOUR OWN

Relationships are essential for both physical and mental health well-being.

| Don't forget to breathe! | Let's Get Knotty! | DANCE DANCE DANCE! |
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| <p><u>Box Breathing</u></p> <ol style="list-style-type: none">1. Get comfortable!2. Breathe in 4 seconds3. Hold for 4 seconds4. Exhale for 4 seconds5. Repeat! <p>Do this until all those nerves are gone!</p> | <p><u>Human Knot</u></p> <ol style="list-style-type: none">1. Grab your friends2. Gather in a circle3. Cross arms and connect hands randomly4. Untangle the circle without letting go <p>Do this until the circle is completely untangled!</p> | <p><u>MIRROR ACTIVITY</u></p> <ol style="list-style-type: none">1. Grab your friends2. Turn on your favorite music3. Take turns copying each other's dance moves! <p>Do this and watch those bonds form!</p> |