



#FontanaTogether

Relaxing Zen Activity

Life can get to be stressful, and often times, we don't take the time to stop and pause. With this activity, we will focus on unwinding and making sure we keep our well being in mind. The activity will have three different exercises to make sure we are completely relaxed.

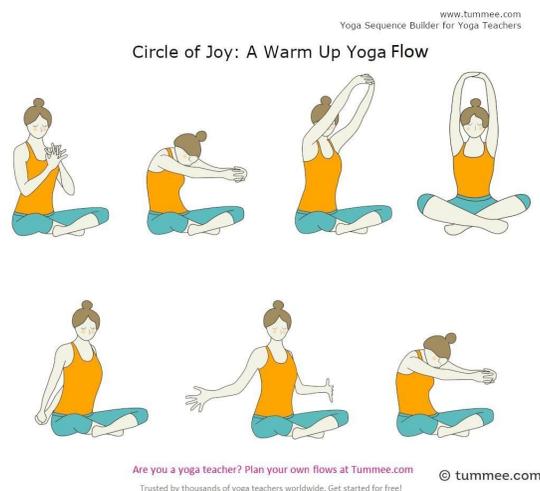
Materials:

- Yoga mat or towel
- Coloring pencils or crayons
- Water

First Activity:

1. Sitting on your yoga mat or towel, fold your legs and inhale deeply and slowly.
2. As soon as you have inhaled fully, hold it in for ten seconds and just clear your mind of all thoughts with your eyes closed.
3. After ten seconds has been reached, exhale deeply and slowly, and again, count to ten, clearing your mind of all thoughts.
4. Do this a couple times until you feel fully relaxed and all those thoughts are gone. Drink some water after if you feel you need to.

*To go further with this activity, you can do some stretches as well, like bending to your right and to your left, or even standard arm stretches, it is completely up to you. Enjoy and relax.



Second Activity: Cobra Pose (Bhujangasana)

1. Lie on the floor. Stretch your legs back, tops of the feet on the floor. Spread your hands on the floor under your shoulders. Hug the elbows back into your body.
2. Press the tops of the feet and thighs and the pubis firmly into the floor.
3. On an inhalation, begin to straighten the arms to lift the chest off the floor, going only to the height at which you can maintain a connection through your pubis to your legs. Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don't harden the buttocks.
4. Firm the shoulder blades against the back, puffing the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Distribute the backbend evenly throughout the entire spine.
5. Hold the pose anywhere from 15 to 30 seconds, breathing easily. Release back to the floor with an exhalation.



Third Activity:

1. Grab your coloring pencils or crayons and you can either do this on the floor or on the table. It's completely up to you.
2. Print one of the four coloring pages listed in the link below:

<https://onedrive.live.com/edit.aspx?resid=FB907A95808773E6!550&app=Word&wdnd=1&wdPreviousSession=0b57ba32%2D65be%2D4033%2D9b02%2D2921c7cec728>

3. With your coloring pencils or crayons, color the pages and take this time to fully relax.

Modifications:

To go further with this activity, you can color more than one coloring page, if you would like. Keep calm and carry on, as you enjoy this relaxing activity.