



Morning ritual

Stand with your feet wide apart, take a deep breath, and make your belly big.
Breathe out by blowing air through your mouth while you laugh in different ways:
Ha ha! Hey hey! Hee hee! Hoo hoo!
And finally a big ho ho!

Then pretend to be an animal while laughing. Here are some animals you can imitate: a mouse, a big elephant, an owl. Finish by giving someone in your family a big bear hug.

Oscar
& Zoe