



10 min



Age 4 and up



Ask the children to breathe slowly during the entire activity.

1



You are a little seed. Sit on your knees with your forehead on the ground and your arms alongside your body.

2



In the ground this little seed has everything it needs to grow and flourish. It starts to grow. Slowly raise your upper body.

3



The tree is growing out of the ground. The top of your body is upright now, and two small buds grow into branches. Your arms are those little branches that are slowly unfolding.

4



The little tree grows toward the sky and becomes stronger. You are standing gently on your legs. Your arms stretch up to the sky too. They are getting stronger as you grow.

5



Now the tree has grown and has become a beautiful big tree! Feet firmly planted on the ground and arms raised, you can be proud to have grown so well!