

MY DAILY WEATHER DIARY

Monday

Tuesday

Wednesday

Thursday

Friday

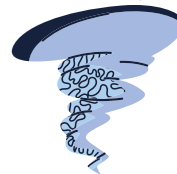
Rain and snow



Sun and clouds



Windy



Sunny



Snowy



Lightning



Cloudy



Thunderstorm



Rainy

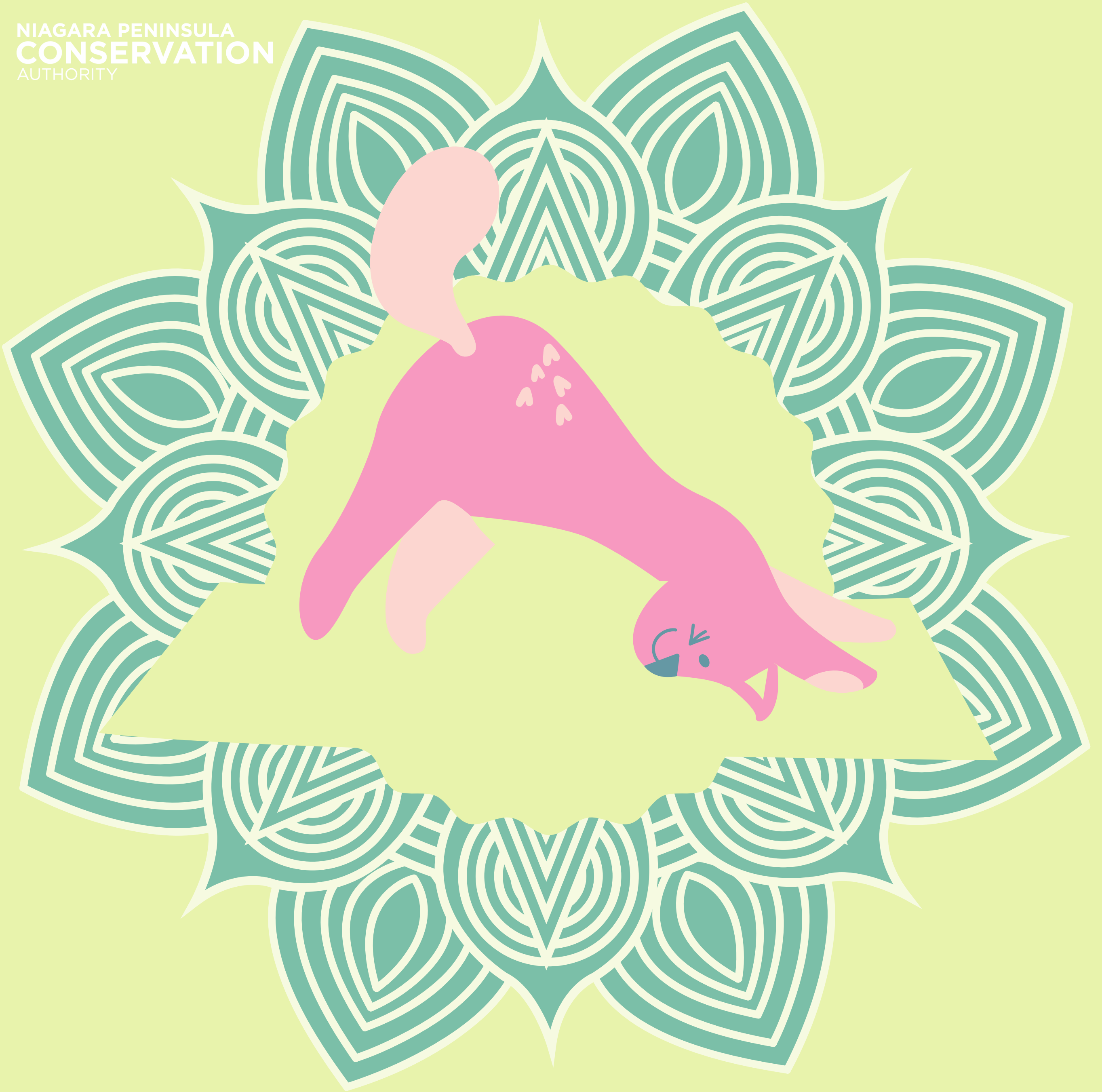


TREE POSE

*Take big, deep breaths and think:
"I am strong like a tree"*

Hold for

5 ... 4 ... 3 ... 2 ... 1



DOWNWARD DOG

*Take big, deep breaths and think:
"I am kind like a dog"*

Hold for





LION POSE

*Take big, deep breaths and think:
"I have the courage of a lion"*

Hold for





TURTLE POSE

*Take big, deep breaths and think:
"I have the patience of a turtle"*

Hold for

5 ... 4 ... 3 ... 2 ... 1