



## Winnie's Wise Path: Lesson 3 Feelings in Motion



**Directions:** Winnie learns she can help her big feelings settle by doing yoga poses. **Circle** your **favorite pose** Winnie does in her story. **\*\*Bonus:** Add your own favorite pose!



**Easy Seat**



**Cat Pose**



**Mountain Pose**



**Resting Pose**



**Hug Pose**

**Your Favorite Pose**



**I can breathe & move my body to help my feelings settle.**

