

TUMMY CIRCLES



Sit up tall with your feet on the floor, place hands on your legs and begin to draw a circle with upper body. Repeat in other direction.

The background is a solid green color with a repeating pattern of white line-art icons for various fruits and vegetables, including bananas, carrots, broccoli, mushrooms, and berries. A large, solid green circle is centered on the page, serving as a backdrop for the text.

Crunch&Sip[®]

Mini Movement Moments