



peach's Tail Swish

Shake it off

Stand with feet wide and knees soft, like steady fox paws.

Now stretch up, like a fox sniffing the wind. Then reach low like a fox sniffing the forest floor.

Swing your arms side to side like a big, swishy fox tail. Feel them tap your sides as you twist—left, right, left, right.

Go slow at first, then find a rhythm. Breathe with your movement. After about 30 seconds, slow down and take 3 calm breaths.

SQUIDGETS

