



SUNSHINE

BREATH

Kindness is like sunshine—it warms everyone.

INSTRUCTIONS

1. Gently close your eyes, if that feels good, and imagine looking up towards the sun.
2. Take a big, deep breath in through your nose as you stretch your arms up high, like you're reaching for the warm sun above you.
3. As you breathe out, gently pull your hands down to your heart, like you're bringing the golden sunshine back with you.
4. Stretch up again, gather more sunshine, and as you breathe out slowly through your mouth, imagine blowing that sunshine to someone you love.
5. Repeat 2–3 times, sending kindness out with every breath.

**mind
body
align**