** “LEISURE AND CONNECTION”—WAYS TO ENGAGE INDEPENDENTLY AND TOGETHER**

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| --- | --- | --- |
| **Books—**  Image result for Lynne Cox swimming in antarcticaImage result for thich nhat hanh booksImage result for the world belongs to you | **Creative Expression—**  Image may contain: sky, mountain, tree, cloud, outdoor and natureNo automatic alt text available.Image result for blank mandalasImage result for paintImage result for music | **Games—**  Image result for code namesImage result for cardsImage result for crosswordsRelated image |
| **Writing—**  Image result for writing a letterImage result for journal  Image result for doodling | **Exercise or Sensory—**  Yoga Deck: 50 Poses & Meditations for Body, Mind, & SpiritImage result for essential oils  Image result for model magic packetImage result for walk | **Other—**  Image result for question mark |

**Today I choose (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Member’s Name: Winter 2018**

**“CALM TIME”—WAYS TO SETTLE MY BODY AND MIND SO CONNECTING FEELS EASIER**

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| Image result for glider rocking chair  **Rocking in the rocking chair (inside or outside) for 5 minutes…** | Image result for therapeutic CD's Beats per minutes  **Cool down tunes to relax or organize…** | Image result for aromatherapy  **Finding a scent that works well to calm, focus, or energize me…** |
| Image result for sensory sequin pillow  Image result for eye mask  **Spend a bit of time playing with one of the weighted sensory pillows and/or wear an eye-mask for 5 minutes…** | Image result for stretching  **Stretching in any way that**  **feels best to MY BODY…** | **Other—**  Image result for question mark |

* **Circle a few that appeal to you today**

**Member’s Name: Winter 2018**