

## Strong and Sturdy Like a Tree!



Watch: Video 1 Daily Mindfulness Techniques  
01:57 – 03:50 *Finding Balance*

Look out of your window – do you see any trees? (If not, you can imagine the museum's iconic banyan tree!)

Are the branches of your tree spread out wide, or do they reach high up to the skies? Lift one leg, and try to stand tall and strong like your tree. Raise your arms to look like the branches of your tree. What does your tree pose look like? Draw it below!

A large, empty rounded rectangular box with a green border, intended for drawing a tree pose.