

**TO HELP STUDENTS THINK, FOCUS AND CREATE**

1. Begin in mountain pose, hands relaxed by your sides.
2. Breathing in, draw your hands up along your body to extend your arms above your head with hands pointing straight up and say “Elevator Up!”
3. Breathing out, float your arms back down in front of you, returning to your sides, saying “Elevator Down.”
4. Repeat to as many “floors” as you want to visit.

Adapted from <http://kidsrelaxation.com>