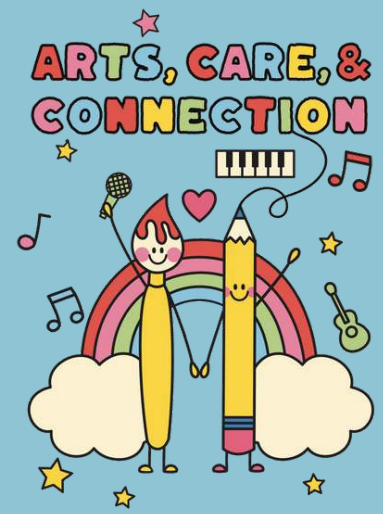


Artist Led Calming & Centering Activities



- ♥ Emotion Warm Up with Michele Haney
- ♥ Emotion Warm Up with Mia Bonilla
- ♥ 5 Finger Breathing with Julia Cuppy
- ♥ I Am Nature Poem with Crystal Meneses
- ♥ Mark Making Warm Up with Roberta Lavadour
- ♥ Mind & Hands Warm Up with Kawika Kalama
- ♥ Music & Breathing Warm Up with Victor Villegas
- ♥ The Sounds of Nature with Jessa Campbell



Find the complete video lesson from each art
in English and Spanish at

www.ArtsCareAndConnection.org