

Soup Pose

- 1. Sit with your feet together and knees open.
- 2. Reach up for some broth and pour it in.
- 3. Use the side of your hand to chop up some vegetables.
- 4. Add the pieces to the pot.
- 5. Grab a pretend spoon and stir in each direction.
- 6. Scoop a spoonful and sip it. Yum!



