

## Sun Salute

1. Start standing. Feel your feet on the ground.
2. Reach your arms up to the sky and look up. Say, "Hello, sun!"
3. Dive down and touch the ground.
4. Stand all the way back up, reach up, and look up. Say, "Thank you, sun!"
5. Rest your arms by your sides.
6. Take a deep breath in, and a slow breath out.

