

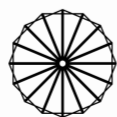
HARMONY 3

HARMONY WITHIN AND AMONGST OURSELVES



ACTIVITY:

Put your hands over your heart. Listen. What do you hear?
Do this with a friend!



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HARMONY 2

WITH THE EARTH AND ALL HER CREATURES

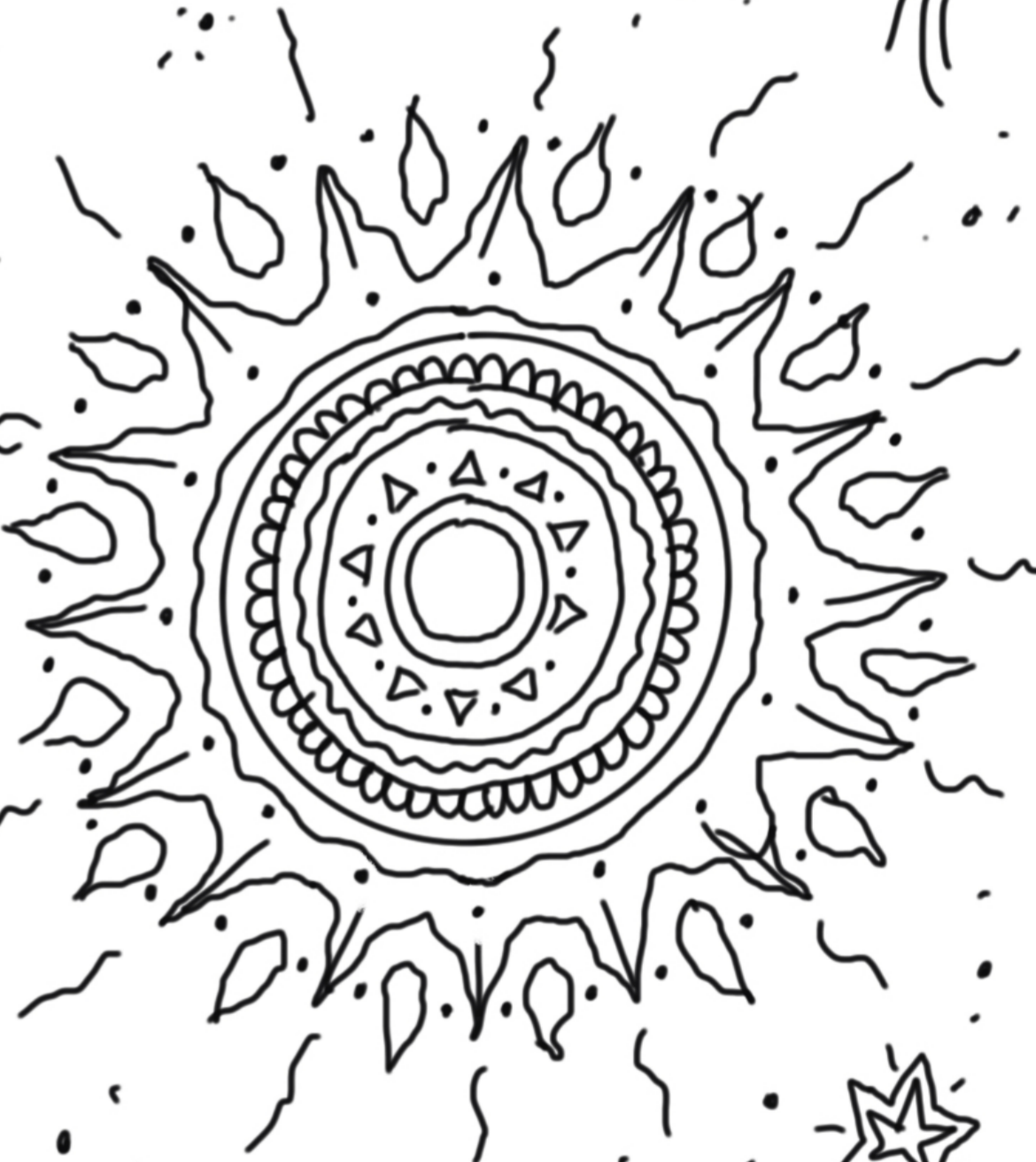


ACTIVITY:

Make a drawing of some of the things that you love about our Earth.

HARMONY

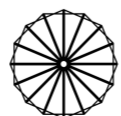
WITH THE COSMOS



ACTIVITY:

Spend time learning about a distant galaxy. If you can, go outside at night and look at the stars and sky.

What do you see?



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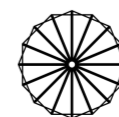
THANK YOU

Thank you for the ride, Spacehorse!



ACTIVITY:

Make thank you cards for anyone who did something for you this year



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Share

Share your soulforce with others



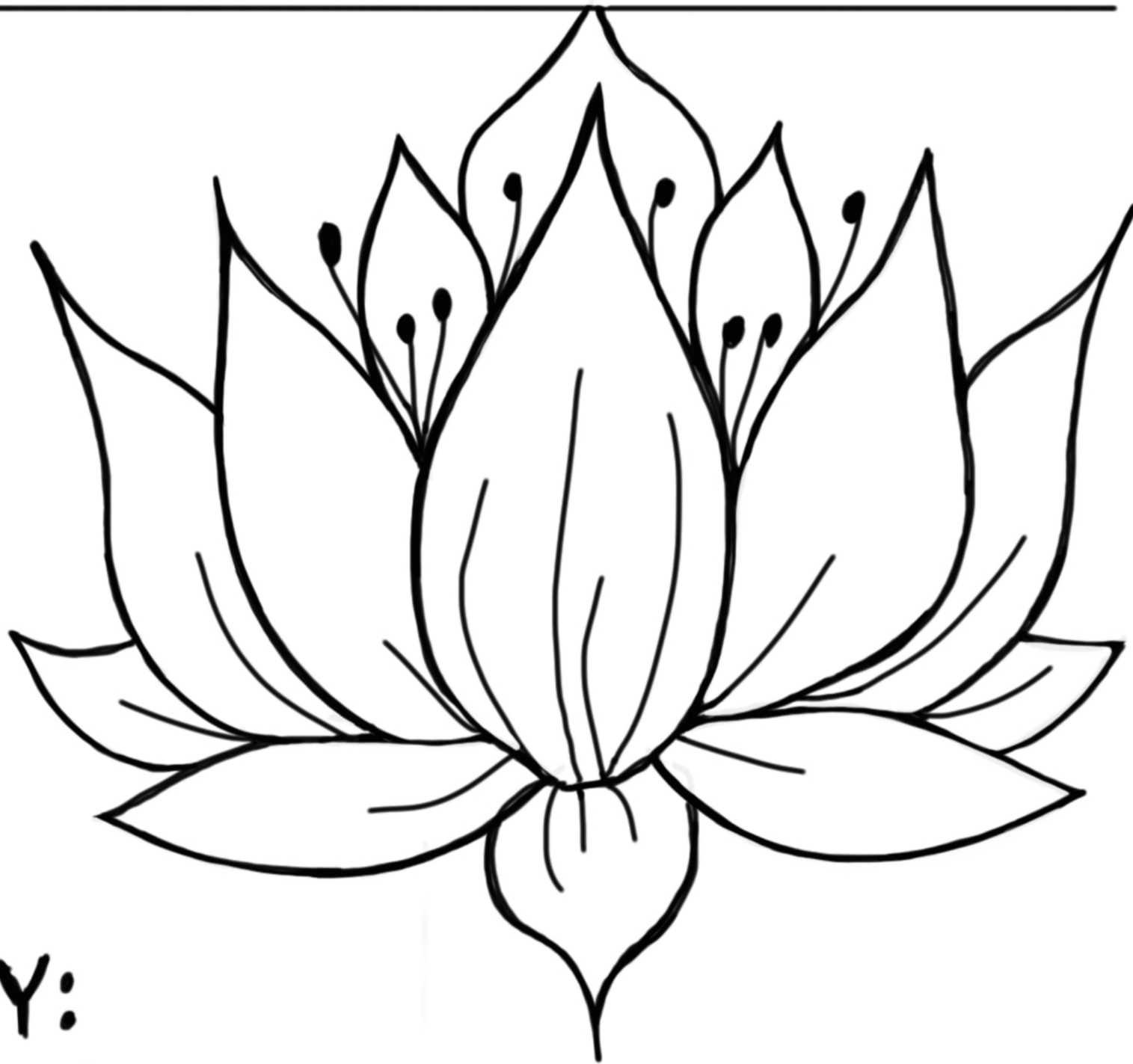
ACTIVITY:

PREPARE A FRUIT OR VEGETABLE SALAD AND SHARE IT WITH FAMILY.



GIVE

GIVE a petal and reblossom



ACTIVITY:

What do you like to do?

Ⓞ ART?

Ⓞ BAKING COOKIES?

Ⓞ COOKING?

Ⓞ PICKING FLOWERS OR HERBS?



Do one, all, or something else
and give it to someone!



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Make

Too many sweets can hurt the belly and body. How about eating one, and then playing?



ACTIVITY: make some play dough

- ◆ 1 cup flour
- ◆ 1/4 cup salt mix!

- ◆ slowly knead in
- ◆ 1 TBS. cooking oil

- ◆ Add 3/4 cup hot water (minus 3 TBS.) and add hot lemon Juice

Energy

The exciting chaos of a GALACTIC
GOAT.



ACTIVITY:

TAKE 10 MINUTES TO RUN, JUMP, LAUGH, STRETCH,
SPIN, WIGGLE, AND DANCE.

★ TRY TO DO THIS EVERY DAY!

HEART POWER

the **CONFLICT STORM** can be wild.



ACTIVITY:

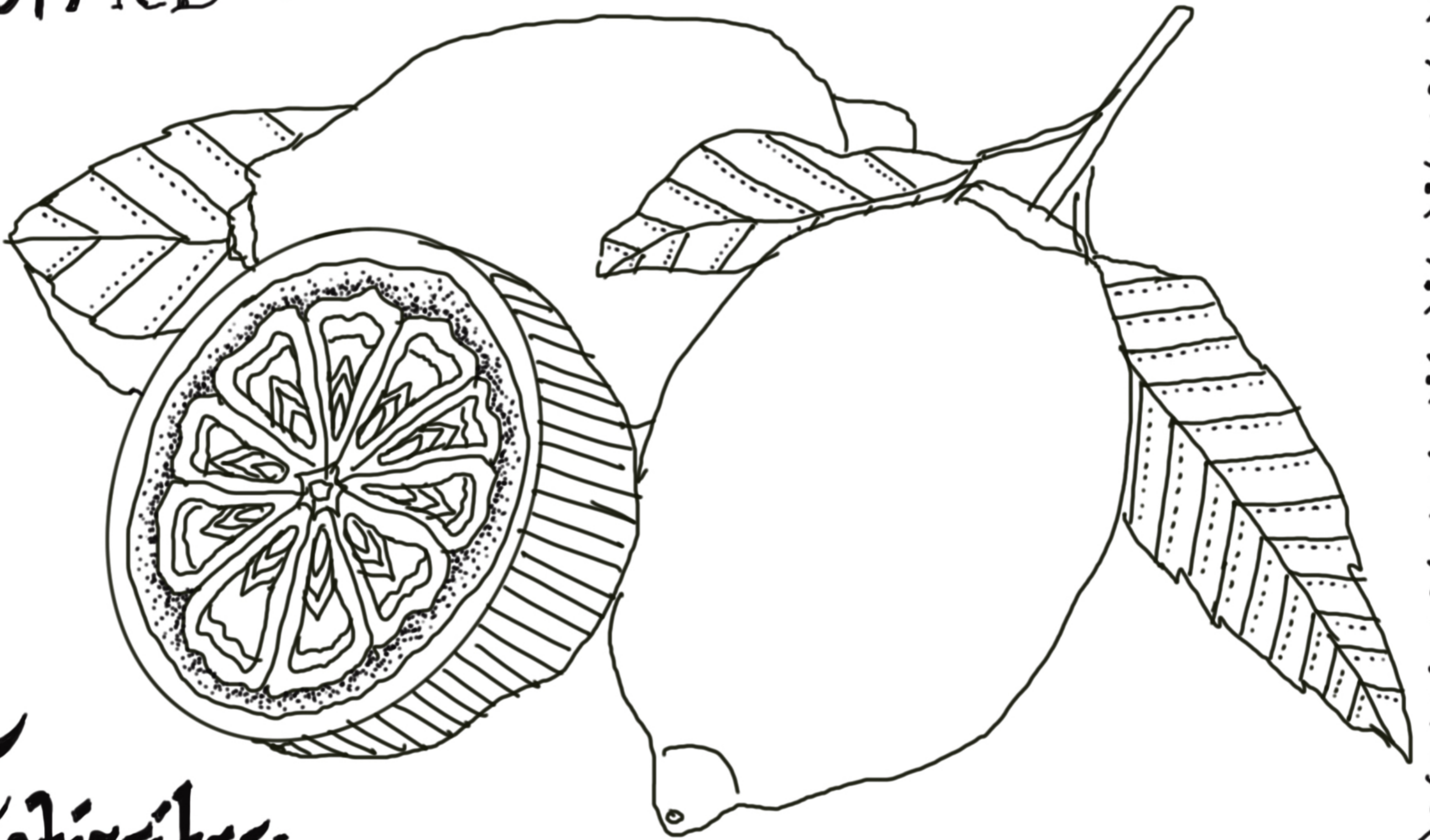
Does your heart ever hurt? Try taking a break and sitting somewhere quiet, and focus on refilling your

Heart Power



Write OR Draw

SPACE lemons can give bitter experiences



Activity:

WRITE OR DRAW SOMETHING DIFFICULT YOU FACED AND HOW YOU OVERCAME IT.

