

## 5. Moving

What type of movement is fun for me?

What is flow and how can I reach it while moving?

What can I learn about my body and myself while moving? What to focus on?

How can I learn more about the topic of Moving?

What else do I want to remember about this topic?

# Homework: \_\_\_\_\_

## INSTRUCTIONS:

... and write down your comments, thoughts, feelings from this exercise.

What was it like? What did you learn?

How did your buddy help you with learning this week?