



Thank you for visiting our website! We hope you enjoy this Holiday-inspired download and have as much fun using it as we did creating it. Wishing you and your family a wonderful Holiday season filled with joy, gratitude, and togetherness.

Disclaimer: These movement activities are designed for fun and gentle physical exercise. Please ensure adequate space to move safely and avoid obstacles. Always encourage children to move within their comfort level, and if they feel any discomfort, they should stop the activity. Supervision is recommended to ensure safe play. Not intended as a substitute for professional fitness or health guidance.

Candy Cane Breath

Take a slow, deep breath in as you “draw” the red stripe of a candy cane in the air, and exhale as you trace the white stripe.



Candle Glow Breath

Pretend to blow on a candle flame without putting it out. Take a deep breath in and exhale gently, imagining the flame flickering softly.



Santa Belly Breath

Breathe in deeply and let your belly expand like Santa's! Then exhale fully and let your belly relax.



Snowflake Breath

Picture a snowflake landing on your palm. Inhale deeply and exhale slowly, pretending to blow the snowflake off your hand.

