

Stand tall

How to play

Stand and feel the connection between yourself and the floor. Slowly move your awareness through your body (from feet to head) noticing how it feels to stand. Imagine yourself becoming rooted like a tree, or standing proud like a mountain.

Things to think about

- Don't rush. Spend time in each area.
- Notice how each area feels of your body feels inside and outside.

Adaptations

- Try this laying down or after exercise to notice the different effects on the body.



Foundation

Wellbeing messages

Be calm

Be present

Speak out

Have fun

Be open

Stay curious

Be friendly

Be active

Be kind

Be generous



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