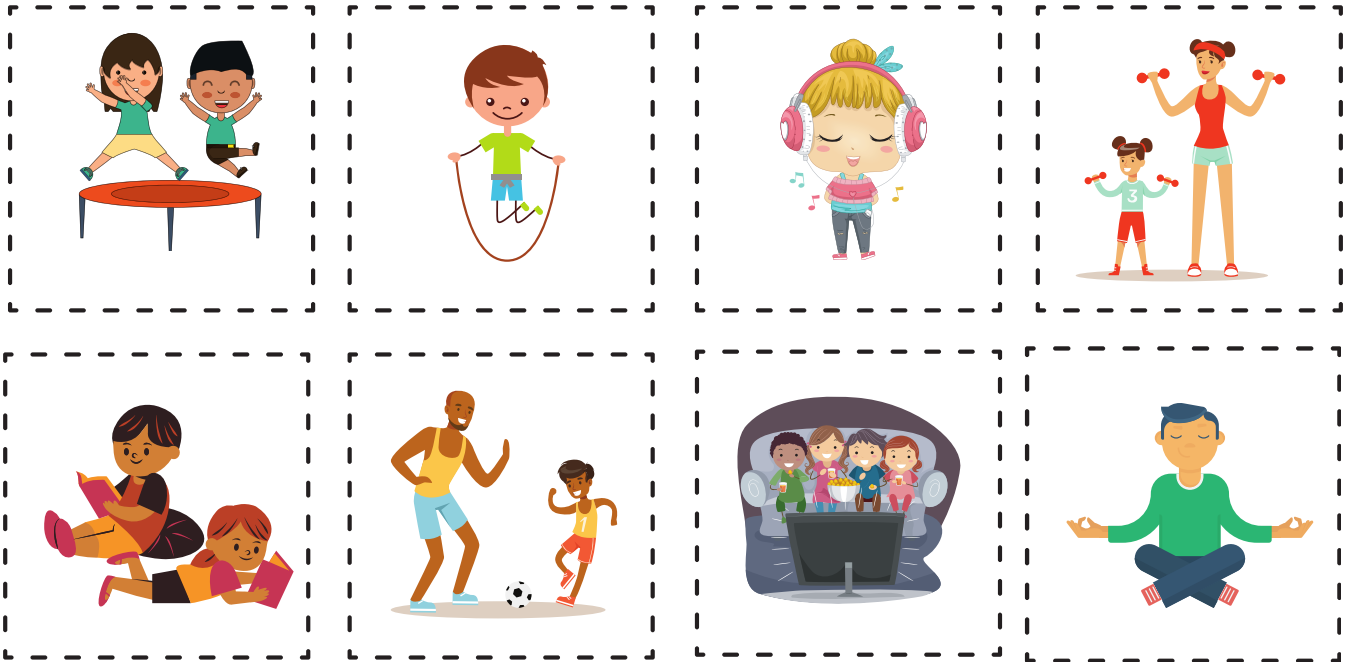


Name: \_\_\_\_\_

# Mindful Movement - Part 1

**Directions:** Cut out the images below and decide whether they have an active heart or a resting heart. Tape or glue in the correct box.



## Active Heart or Resting Heart?

ACTIVE HEART	ACTIVE HEART	ACTIVE HEART	ACTIVE HEART
RESTING HEART	RESTING HEART	RESTING HEART	RESTING HEART