

A mindful moment with Jason

Do your feelings feel too big? Try five-finger breathing to help still your mind:

1. Hold out one hand palm up. Use the pointer finger of your other hand to slowly trace up and down each finger.
2. As you trace up, breathe in. As you trace down, breathe out.
3. Close your eyes and feel your body relax with each trip along your hand and back.



Laura's list: Get up and move!

Too cold outside and stuck inside? There are so many ways you can still have fun and move your body!

Pick 4 from the list and complete each twice!

- 20 jumping jacks
- 20 arm circles
- 40 butt kicks
- 40 side to side hops
- 20 squats
- 40 high knees
- 20 second sprint in place
- 20 mountain climbers
- 10 burpees
- 20 second wall sits



YouTube also has so many free videos! Check out GoNoodle for silly music and movements!

"WHAT SHOULD I DO WHEN IT SNOWS?"

If your child is scheduled for an appointment with Inspire and snow is on the way, your safety is the greatest priority. If you feel you are unable to attend your scheduled appointment due to weather conditions, please call us as soon as possible at 928-214-3537 to let us know.



If CHC closes due to weather, we will call you promptly and may need to leave you a voicemail. An empty and accessible voicemail inbox means you will get important information promptly.

Happy New Year! We can't wait to see you in 2024.

For appointments or questions, please contact
Meghan in the Inspire office:
Phone: 928-214-3537
5130 North Highway 89, Flagstaff, AZ 86004