



the power to heal

# Soaringwords' SOARING into Strength Positive Health Initiative

## Movement and Vitality Workbook

Proud Silicon Valley Community Partners:



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# Your Daily Activities

Think about your daily activities. List them on the left side of the page. In the right hand column, think about ways to add MORE movement and physical vitality into these daily activities.

1

2

3

4

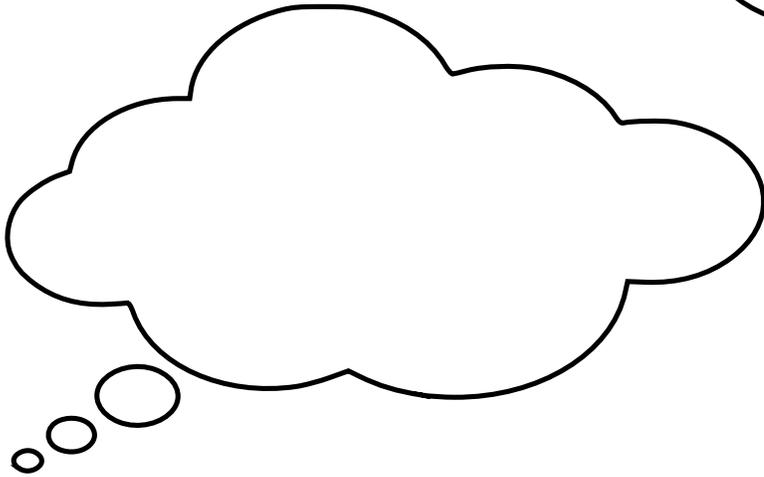
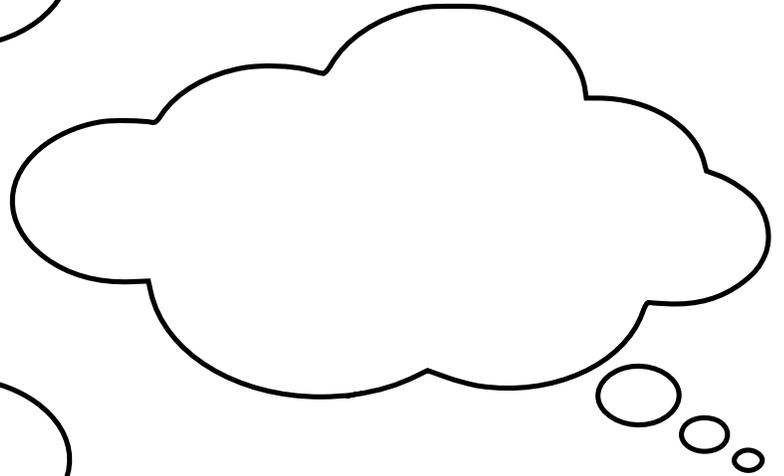
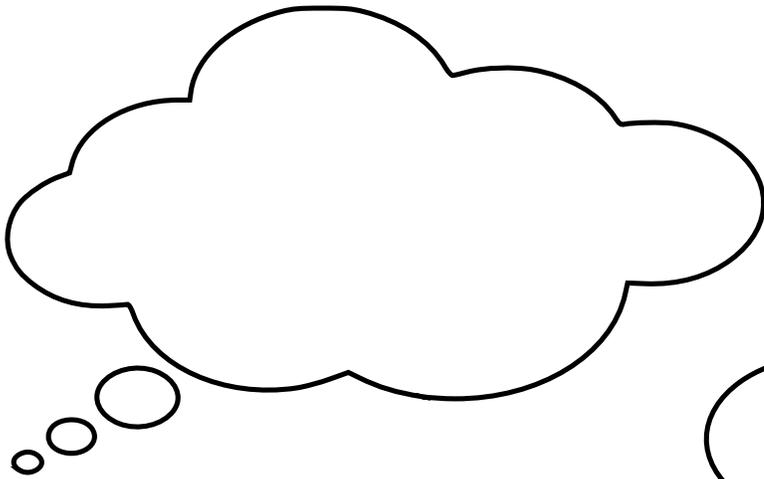
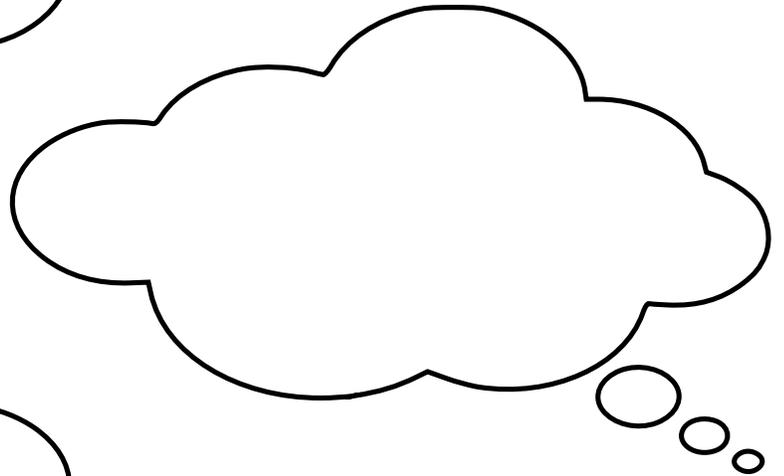
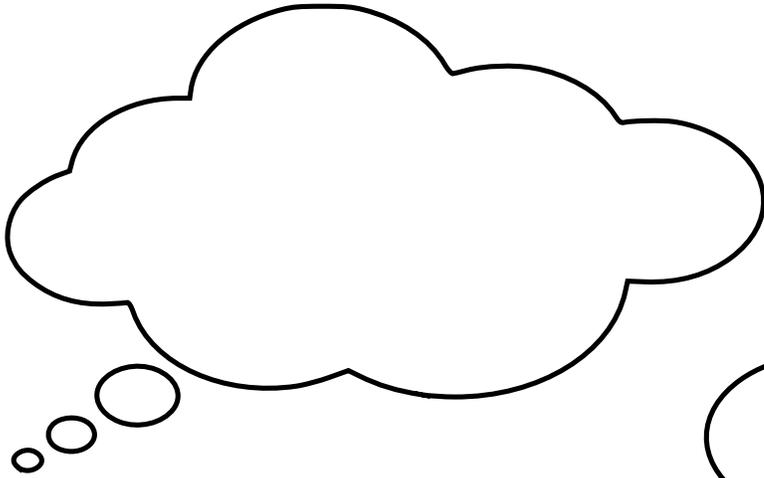
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# Connecting with Nature

Please take some time to reflect on an enlightening experience you have had within nature. It could be a memorable hike, bike ride, or a simple walk through the park.





## SoaringSongs Instructions

SoaringSongs: Think of well-known, recognizable songs that children would recognize, such as:

- Happy Birthday,
- Row Row Row your Boat
- Twinkle Twinkle Little Star
- Bingo was his Name-o
- Old McDonald Had a Farm
- I'm a Little Teapot
- Rain, Rain Go Away
- Five Little Ducks
- If You're Happy and You Know It



We invite you to write your very own unique lyrics to one of these popular songs, to brighten the day for a hospitalized child. Use a piece of scrap paper to come up with your theme. Here are some suggestions:

- Special Places
- Happy Faces
- Encouraging Phrases such as "You're a Star" "You're Amazing" "You're my Hero" etc...
- Funny and Sweet Stories
- Pets and Other Animals such as: Koala Bears, Dolphins, LadyBugs, Lizards
- Nature

Use the blank border for your SoaringSong message and artwork. Use bright colors to fill the whole page with the lyrics and your drawing. When you're finished creating your SoaringSong message and artwork, you can email it to [heal@soaringwords.org](mailto:heal@soaringwords.org), and we will share it with a hospitalized child in need.

# SoaringSong

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(SoaringSong Name)

Created By: \_\_\_\_\_