

An activity  
for tots  
and adults  
to share!



Wiggle your toes ...  
then let them rest.

Prepare for sleep or  
nap time with this relaxing  
body awareness exercise.

Barefoot Books  
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Mindful Tots

Rest & Relax

Stewart  
Alejandro



Mindful Tots

# Rest & Relax

Sleepy time for little ones



Whitney Stewart • Rocío Alejandro