

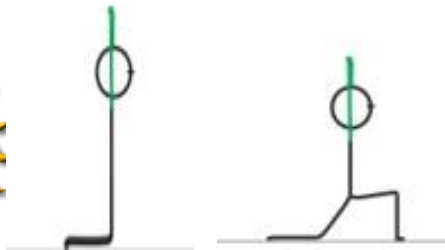


I am a seed , in the dark, dark ground.




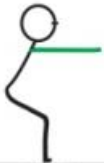
I feel the rain. 

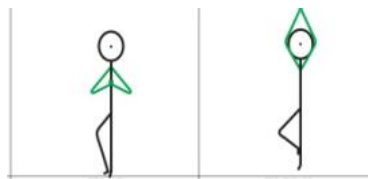
(stretch out arms. tap hands on head, back, sides)



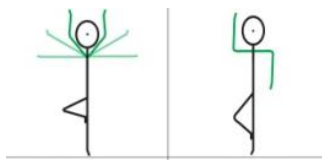
(Stretch arms into circle shape of sun)

I see the sun.

I grow tall  taller  as tall
as I can be! I grow so tall, I am a _____.

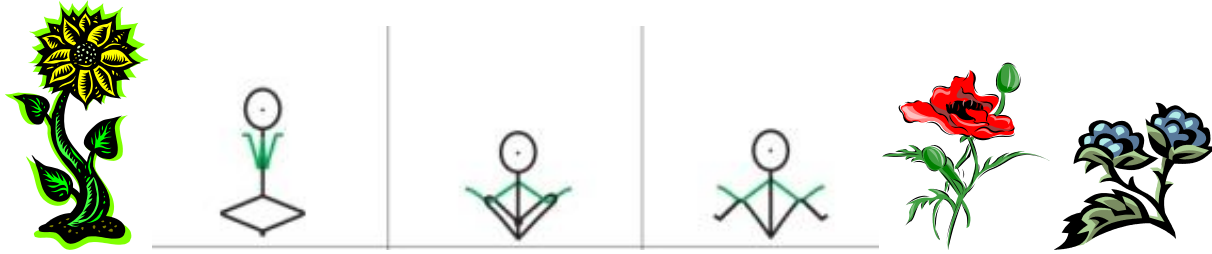


Tree



Cactus

(For Cactus: switch left arm down & right arm up & reverse as legs are switched, what you do on one side you do on the other)



I grow low to the ground, in the ground, or on a vine.



What am I?

If children need grounding instead of balance/standing pose try seated tree or refer to it as a composting sequence.

