



A4 Flashcards

Print or display on whiteboard for pupils to follow pictures.

10
Mindful
Movements

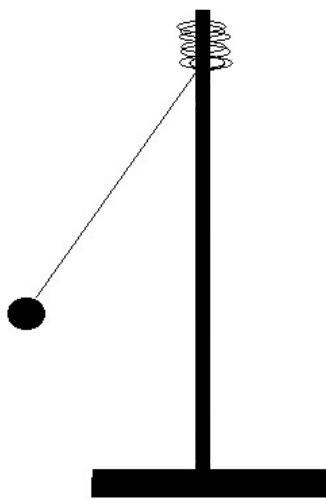
Standing Mountain

(starting position)



Irish Heart
Foundation

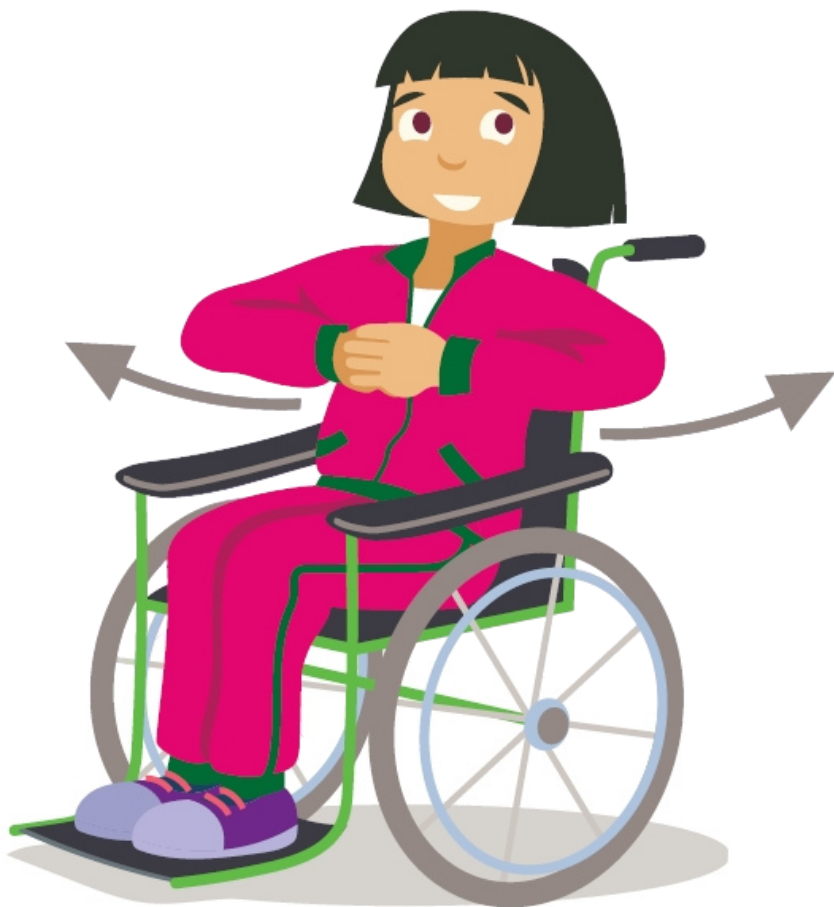
1. Heartbeat Twists



2. Heart Circles



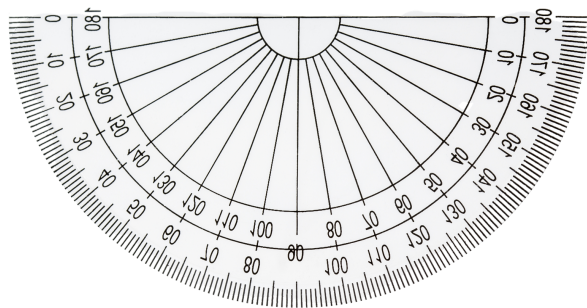
3. Mini Heart Sweepers



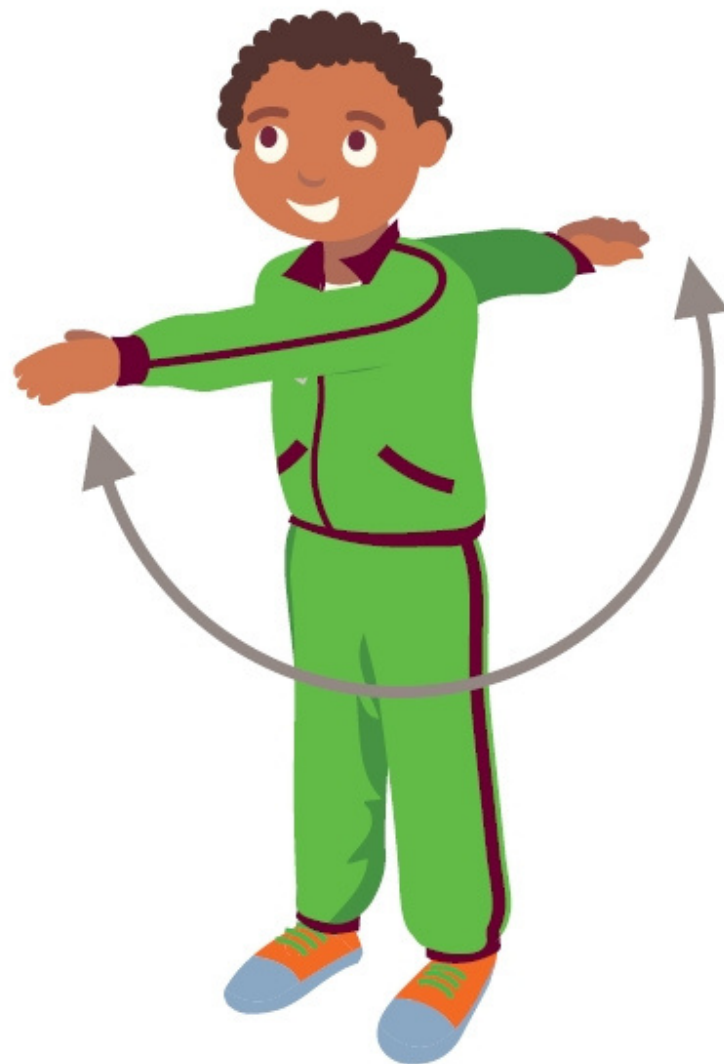
4. Huge Heart Sweepers



5. Heart Hoops



6. Heart Skaters

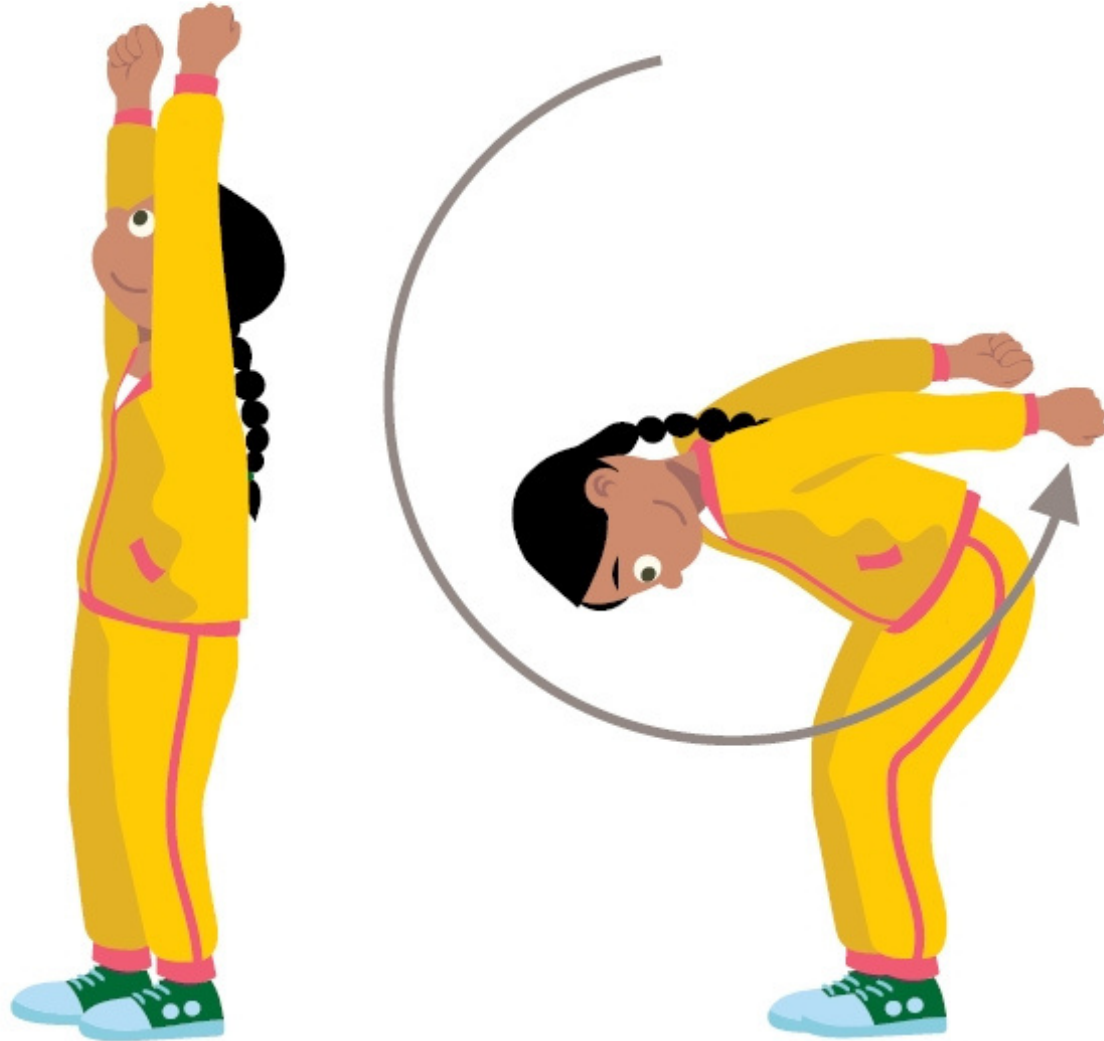


10
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7. Eagle Heart



8. Heart Ski



9. Heartful Bear



10
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10. Heartful Warrior

