



**Irish Heart
Foundation**

The National Stroke & Heart Charity



A4 Flashcards

Print or display on whiteboard for pupils to follow pictures.

10
Mindful
Movements

Standing Mountain

(starting position)

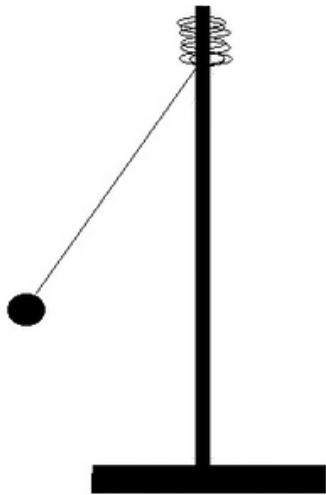


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1. Heartbeat Twists



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2. Heart Circles



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3. Mini Heart Sweepers



10
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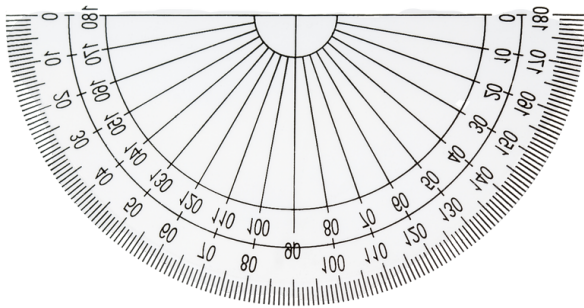
4. Huge Heart Sweepers



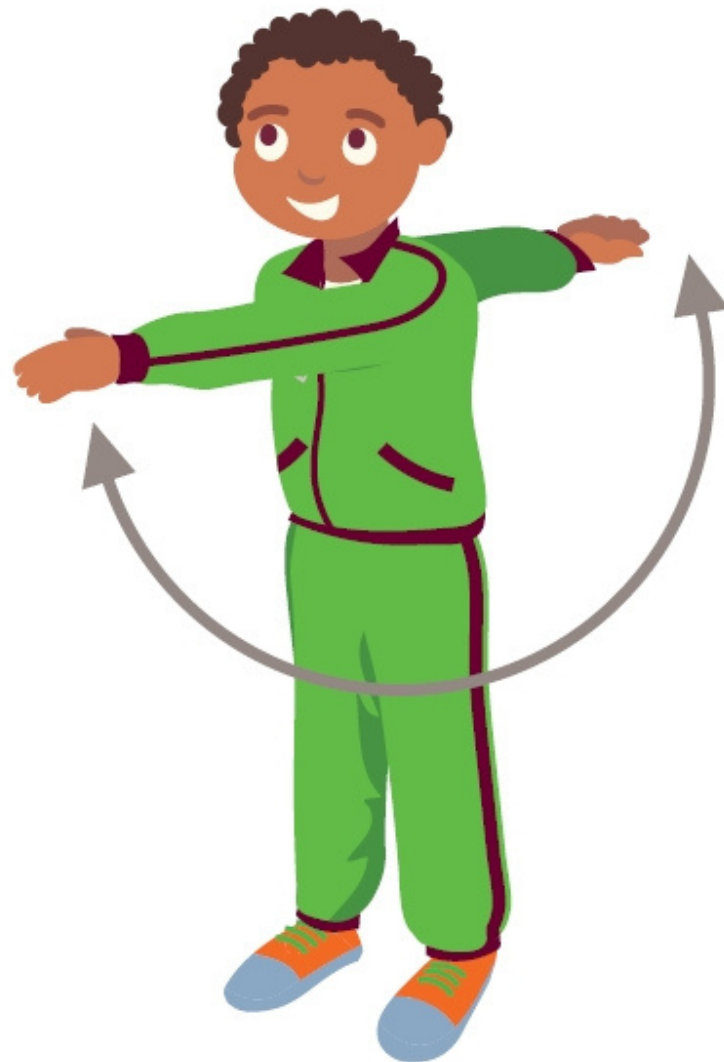
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5. Heart Hoops



6. Heart Skaters



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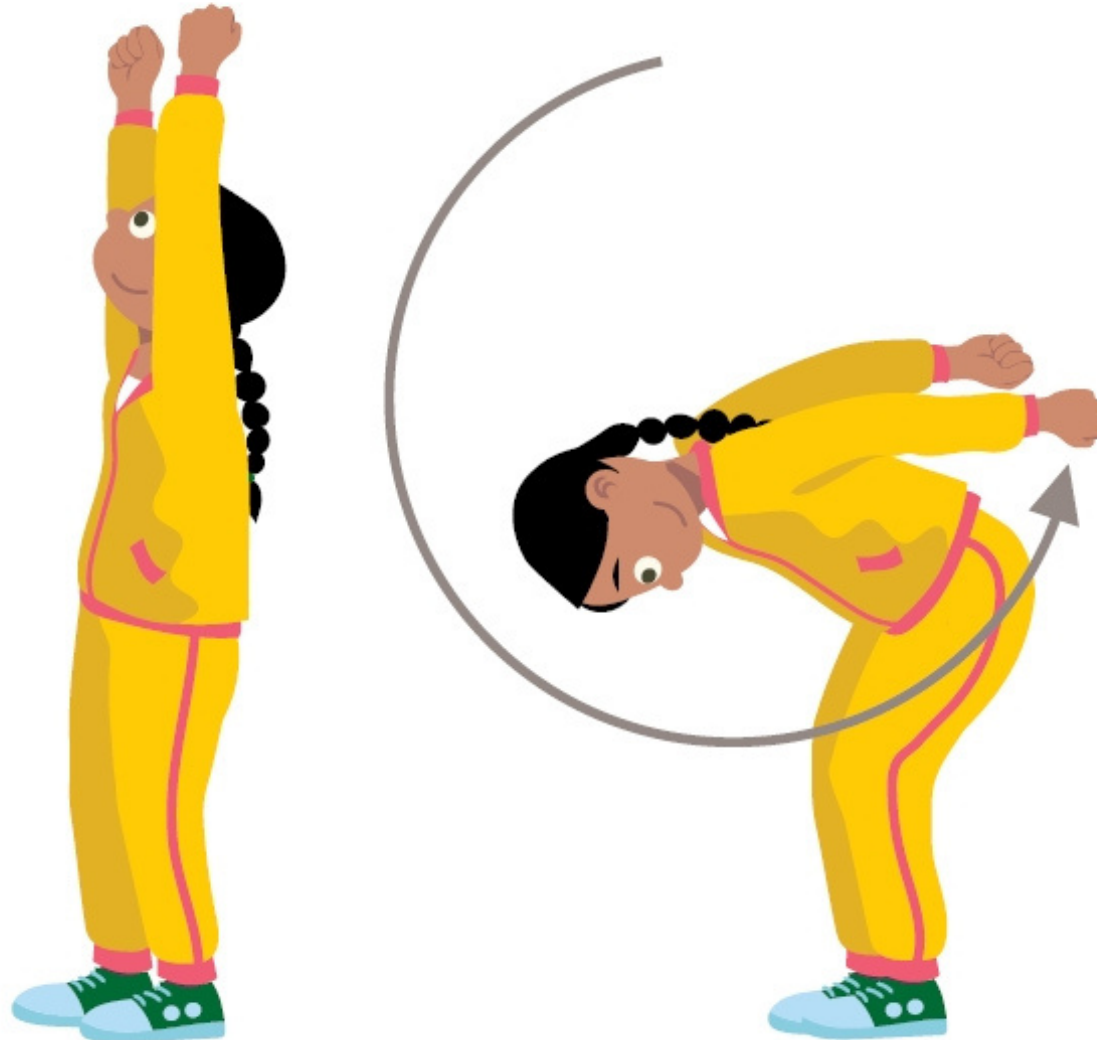
7. Eagle Heart



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8. Heart Ski



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9. Heartful Bear



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10. Heartful Warrior



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