1. **Moving**

What type of movement is fun for me?

What is flow and how can I reach it while moving?

What can I learn about my body and myself while moving? What to focus on?

How can I learn more about the topic of Moving?

What else do I want to remember about this topic?

**Homework: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**INSTRUCTIONS:**

**… and write down your comments, thoughts, feelings from this exercise.**

**What was it like? What did you learn?**

**How did your buddy help you with learning this week?**