



MUMMY'S LOVE IS...

Mummy's love is as strong as a mountain (mountain pose)
It reaches from the tips of my fingers to the tips of my toes (ragdoll pose)

It's as bright as a star (jump into star shape)
and as big as the moon (half moon or crescent moon)

It's as strong as a warrior (your favourite warrior pose),
as faithful as a dog (downward dog - don't forget to bark)
and as peaceful as a dove (pigeon pose)

It's as glorious as a sun set (sunrise sunset pose, kneeling lift up arms
in a big circle and rise up off heels),
and as constant as the waves upon the ocean (seated with knees bent
take knees from side to side).

Mummy's love flows like a river (seated forward bend)
all the way to me