

## DRAGI UČENCI IN STARŠI!

Vsakanje življenjske preizkušnje od nas terjajo trezno in umirjeno razmišljanje. Potrebujemo moč, prijaznost, pogum, prijateljstvo, pamet...

**NA POTI K SEBI NAS NAGOVARJA TUDI JOGA. POSTAVITE SE V NASLEDNJE POLOŽAJE IN V NJIH VZTRAJAJTE NEKAJ MINUT.**



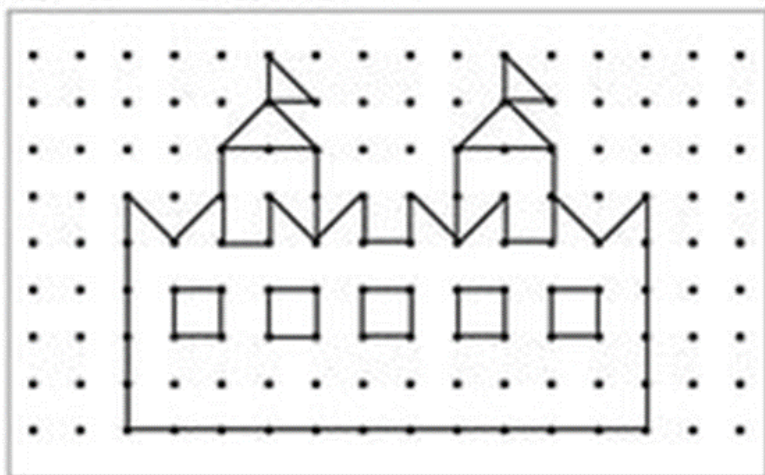
The infographic consists of five rows, each representing a virtue. Each row includes an illustration of an animal or a person, a central text box with the virtue name, and a description of the corresponding yoga pose.

- MOČ** (Strength): Illustration of a surfer and a person in a warrior II yoga pose. Description: "Uporabi svojo moč, da ukrotiš valove." (Use your strength to tame the waves.)
- PRIJAZNOST** (Kindness): Illustration of a tree and a person in a tree yoga pose. Description: "Stegni se visoko in razširi prijaznost." (Stretch high and expand kindness.)
- POGUM** (Courage): Illustration of a skier and a person in a warrior III yoga pose. Description: "Pogumno smučaj po strmini." (Courageously ski down the slope.)
- PRIJATELJSTVO** (Friendship): Illustration of a dog and a person in a downward dog yoga pose. Description: "Raztegni se kot pes, ki maha z repom." (Stretch like a dog wagging its tail.)
- PAMET** (Wisdom): Illustration of an owl and a person in a lotus yoga pose. Description: "Bodi pametna sova, ki sedi na veji." (Be a wise owl sitting on a branch.)

Predahnite ob kozarčku vode in si privoščite malico. Temeljito si umijte roke in prezračite stanovanje. Svež zrak in sončni žarki vas bodo napolnili z energijo.



Sedaj pa se preizkusite v grafomotoriki – spretnosti vaših rok, ki vam bo koristila pri pisanju, vztrajnosti in natančnosti.



Topli sončni žarki vas vabijo v naravo. Morda ob poti naberete majcen šopek rož za vaše starše.



VAŠA UČITELJICA ADRIJANA