

# Deepening Attitudes

The "Bump"



We do HOOK-UPS whenever we feel sad, confused, or angry. This cheers us up in no time. The activity is done in two parts. Grandpa is doing part 1. Grandma is doing part 2. *First, put your left ankle over the right one. Next, extend your arms and cross the left wrist over the right; then interlace your fingers and draw your hands up toward your chest. (Some people will feel better with the right ankle and right wrist on top.) Sit this way for one minute, breathing deeply, with your eyes closed and your tongue on the roof of your mouth. During the second part, uncross your legs and put your fingertips together, continuing to breathe deeply for another minute.*