



THE
GET READY
PROJECT

CELEBRATE GRTL DAY - JUNE 11, 2024

Join us for LIVE ONLINE GRTL Day Classes

Floor @ 10:00 am Seated @ 11:00 am. Seated/ Standing Practice at 1Pm (Links will be shared on website)

OR Schedule your own special GRTL Day practice and events:

Some Ideas:

-Do your GRTL Practice outside with other classes

-Follow your GRTL practice with a creative activity:

○ **Draw “how GRTL makes me feel”**

○ Draw before and after GRTL pictures

○ Draw my favorite part of GRTL

○ Tell a GRTL story

Play “Pass the Pose”

Sing a special song for your circle of song

Celebrate GRTL classrooms with GRTL class certificates. Each class receives a certificate and is recognized by admin or in a group practice (Download certificate links will be shared)

Make a GRTL announcement at your school to celebrate the day

Have a picnic outdoors afterwards to celebrate a great year of GRTL

Make a GRTL celebration video to share on the website

