SMITHSONIAN INSTITUTION

NATIONAL POSTAL MUSEUM

PRE-VISIT STORIES

POSTAL PILATES
POSTAL PILATES

- When I am at the National Postal Museum, I can do Postal Pilates.
- Postal Pilates tell a story using my body.
POSES

- I will use my body to tell a story of how the mail is delivered.
- Some poses will be easy for me to do.
- Some poses may be hard for me to do.
- If a pose is hard for me, that is okay. I can ask someone to help me.
YOGA MAT

- I will stand on a yoga mat during Postal Pilates.
- Sometimes I will be very quiet.
- Sometimes I will make loud noises.
GO IN PEACE

- When Postal Pilates is finished, I will sit on my yoga mat.
- I will say “Go in Peace” to all my Explorer friends.