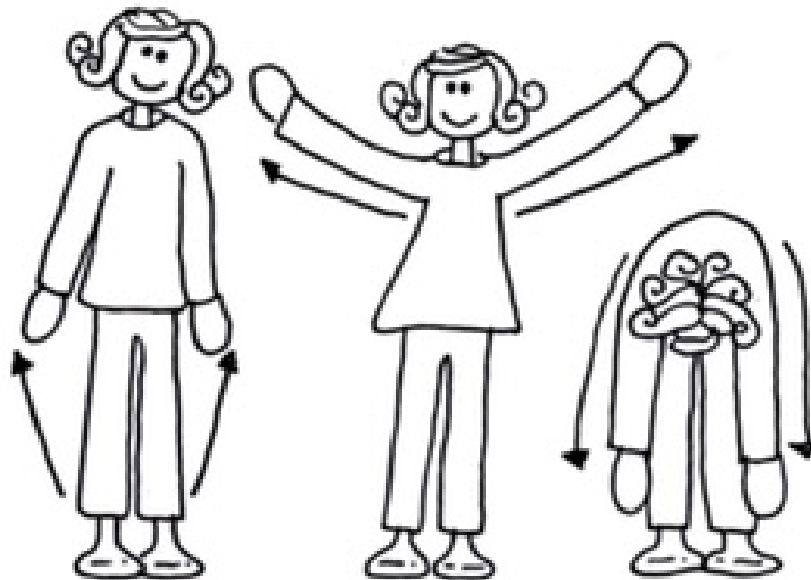


BODY WAKE UP!

'Did you know that moving our bodies in a free way every day keeps us happy & calm? Why not put on your favourite music or even go outside in the fresh air and have a go at these fun movements and shapes.

Sunrise and Sunset



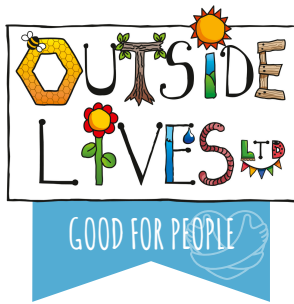
1. Lift your arms up the front of the body, out to the side and sweep them down to the floor. Repeat this movement and think about a beautiful sun rising up into the sky

2. Move your arms the opposite way, starting with the arms down, lift them up by your sides and then back down again towards the floor. Think about the sun going down at night.



15 MINUTES

WE BELIEVE THIS ACTIVITY IS BEST SUITED TO FAMILIES (SOME SUPERVISION/SUPPORT MAY BE REQUIRED)



STRIKE A POSE!

Puppy



Come onto your knees and stretch your arms out along the floor in front of you, keeping your forearms on the floor. Rest your forehead on the floor if you can. Keep your "tail" lifted and try rocking it from side to side. Feel like a cute puppy having a good stretch!

Dog



Come onto all fours. Tuck your toes under and lift your tail as high as possible. See if your head can hang loose between your arms. Breathe deeply here in and out of your nose. Feel as though you can let go of any worries or anything that's bothering you as you breathe out. Pad into your heels, feeling like a dog getting ready for a good run around. Come down slowly when you are ready.



Don't forget to take a picture and share your efforts with us on Twitter @outside_lives #PeopleAndPlanet.

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15 MINUTES