

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.

Circles



First circle your shoulders back one at a time, as though you are doing some gentle backstroke through water, making circles with your elbows as you go. Then circle your shoulders forward, as though you are doing some gentle front crawl. Then make big circles with your hips, one way and the other way. You could even try writing your name with your hips for a bit of fun!



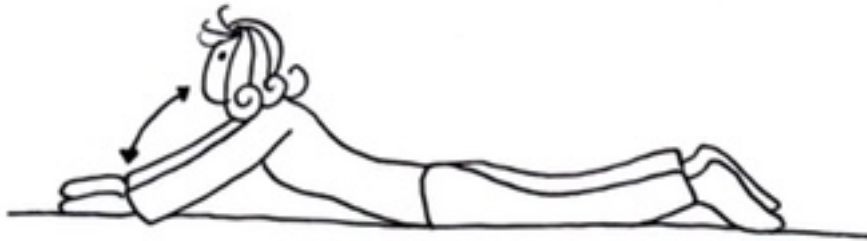
15 MINUTES

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



STRIKE A POSE!

Cobra Pose



Lie on your tummy with your hands under your shoulders. Slowly raise the head and chest, like a snake rising up from the ground. Stop here, close your eyes. Imagine breathing in and out of the point between your eyes. Here you say 'I am clear about the way ahead'. Then slowly lower your body back down to the floor and relax.

Child Pose (or Rock)



Curl up into a ball with your arms in front of you. Let every part of your body relax here: your back, your neck and shoulders, even your face. Pause a while here and breathe. Say to yourself 'I am calm and peaceful'. Stay here for a while if you like. Slowly sit up 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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