



BODY WAKE UP!

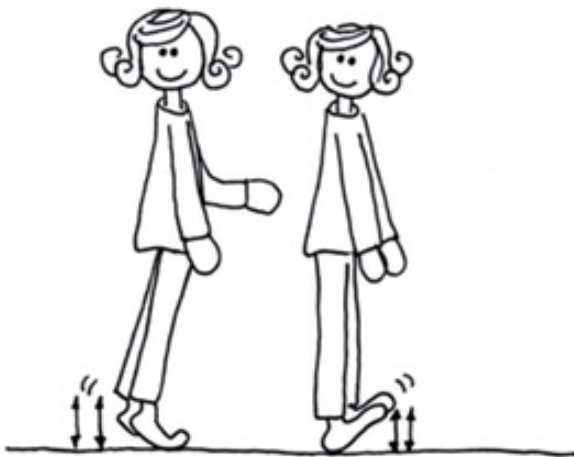
'Did you know that moving our bodies in a free way every day keeps us happy & calm? Why not put on your favourite music or even go outside in the fresh air and have a go at these fun movements and shapes.

Tapping



A great one for waking up the whole body! Make a loose fist and gently tap down the outside & up the inside of the opposite arm a few times. Try the other side. Then with both fists gently tap down the outside of your legs and up the inside a few times. Then gently tap on your lower back and bottom. Notice how alive the whole body feels when you're done!

Toe and Heel bouncing



To wake up your whole body keep bouncing into your heels for a count of 20. Then keeping your heels on the ground, tap into your toes for 20.

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

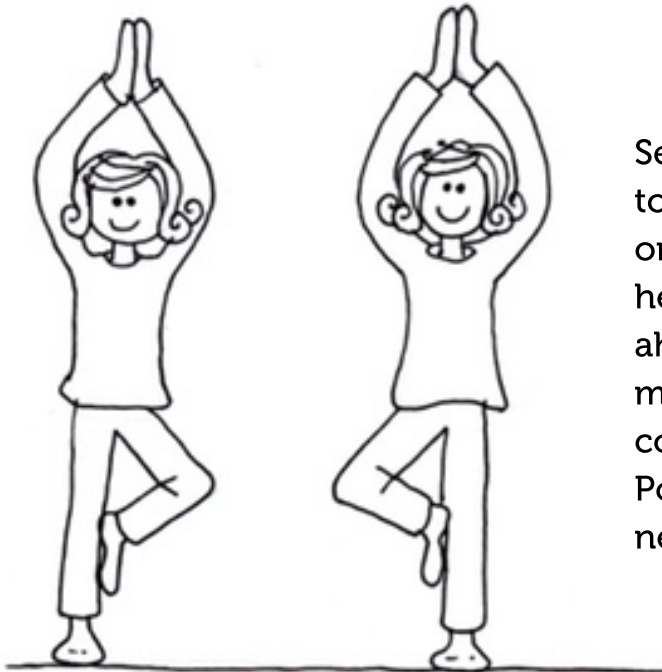


15 MINUTES



STRIKE A POSE!

Tree



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

See if you can bring your hands together above your head and place one foot against the other leg. To help you balance, focus on a spot ahead of you and pull in your tummy muscles (this is called "engaging your core"). Try on the other side. The Tree Pose helps us to focus on things we need to.'

Dancer



This pose can really help you to concentrate. It takes a bit of time to get right so keep trying...

See if you can hold your foot behind you, (push your foot into your hand) and at the same time lift the other arm up high in front of you with the palm of your hand facing forward. Lean forward a little. Choose something to look at and stare at it. Take some deep breathes.

Say 'I lift myself high. I find balance & I can focus.'



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