



BLUEARTH

AT HOME

ACTIVITY 1

Simple activities that you and your family can do to stay active

Mindfulness Walks

Explore your backyard or nearby outdoor space, noticing sights, sounds and smells. Share 3 different objects you find on your walk with your family.



Five Finger Breathing

Using your pointer finger, trace the outside of your other hand. Breath in as you trace up your thumb, breath out as your trace down your thumb. Continue with all five fingers. Try again with your eyes closed.

Shadowing

Try being someone else's shadow! Leader will start moving however they feel with their partner copying each movement, an arm's length distance between. Movements can be on the spot or using a larger space, following the leader. Take turns being the leader. If you can, take this opportunity to get outside, using the environment for movement inspiration.



Core Movement

