Covid-19 Activities

MINDFUL MOVEMENT

Why is movement important?

Movement increases your overall health and your sense of well-being. It also reduces stress and anxiety, enhances your mood, improves sleep.

SEVEN SHAKES

Lift one arm and shake while counting backwards from seven. Lift the other arm and each leg, one at a time, and shake them while doing the same count, backward from seven.
Continue by lifting each arm one at a time, and then each leg, and shaking them while counting backward from six, then five, then four, then three, then two, then one.

BUBBLE BOUNCE

"Wash, wash, wash your hands. Got to get them clean! Every finger, one by one, And lather in between!"
Repeat several times while rubbing your hands together to demonstrate how to wash your hands thoroughly. Make the activity fun by speeding up and slowing down the song.
Practice various movements as you move around the circle, including hopping on one foot, then the other, walking, and galloping.

https://www.youtube.com/watch?v=mBD1njKp7Cw

SNOWFLAKE FREEZE DANCE

Did you know every single snowflake is unique? We can all express ourselves uniquely, like special snowflakes! Play music and spin around the room until the music stops. Be silly and try balancing during the freeze or making a funny pose!

POSITIVE MINDSET FLOW

I am dedicated: Warrior I Pose
I am strong: Warrior II
I am creative: Dancer's Pose
I am focused: Chair Pose
I am open minded: Lunge Pose
 [Reach arms high & switch sides]
I am curious: Downward Dog
I am calm: Child's Pose

AMAL ALLIANCE
EMPOWERING GLOBAL CITIZENS