



Spring Awakening - Activity #3 - FOR KIDS

1 FEEL

Take a comfortable position and close your eyes
 Picture a shape in your mind
 Now, can you imagine yourself making that shape?
 Take a few breaths
 Focus on the shape. How does it feel?
 Choose one word to describe how it feels (ex. energized, calm, fuzzy, etc.)
 Open your eyes slowly

*Optional: Share the shape you were imagining with each other.
 You can either describe it or show your shape

2 BREATHE

Find a clear space in your home or outside where you can move around a bit.
 Take 2-5 deep breaths.

Step 1:	Step 2:	Step 3:	Step 4:
On an inhale, make a really big shape with your body. Hold the shape for 2-3 breaths	On an exhale, release your shape and make a really small shape. Hold for 2-3 breaths	Repeat steps 1 and 2 (4-6 times in total)	Try to recreate the shape you were imagining earlier. What happens if you try to make it really big or small? Can you move around the room and stay in your shape? Can your shape be turned upside-down? Inside out?

TIP: Try not to think too much about your shape. It can be as simple or complex as you'd like

3 DO

Go for a discovery walk around your home or neighbourhood (refer to Activity 1 for more details on this) and find 6 objects for inspiration.
 (Ex: a house, a plant, a toy, a lamp).

Try to see what shapes the object is made of and document the shapes somehow.
 You can take photos, draw pictures, or take a mental picture.
 You can also find shapes in the images from your previous discovery walks.

RECREATE!

Look very closely at your photos or think about the shapes you saw. Can you recreate some of them with your body? You can also check out some of our photos for inspiration!
 What happens if you recreate lots of shapes from your walk and chain them all together?
 You have a dance!

Be sure to take a video or photos of your dance to share with us!

4 REFLECT

Add to your journey map from last time or start a new one on any drawing surface.

A journey map is a place for you to reflect.
 Document you and your life right now.

Come back to it anytime.

Write, draw, colour anything you want

5 SHARE

Record a video of your Discovery Walk Dance or take photos of each shape so that we can learn your dance too!

Share your new creation, your discoveries from your walk, or send us a picture of your journey map!

Ask your parent/guardian to share with our Swallowing Clouds community!

MORE INFORMATION ...



Email us at info@princessproductions.ca



For more info about Swallowing Clouds



Public Health Ontario - COVID-19 Public Resources



An agency of the Government of Ontario
 Un organisme du gouvernement de l'Ontario