

# Move

Activities for being at home to support your self-care.

Use an app for suggestions on workouts or safe ways to move your body.	Design a dance routine.	Explore nature together.	Run, skip or walk around an empty oval.	Stretch.
Go on a shape hunt.	Ride a stationary bike or ride outside.	Play a game outside.	Nature spotting.	A garden hunt.
Make mud pies or sandcastles or tree branch sculptures.	Use chalk or string to create a hopscotch route.	Make some time for outside.	Take your shoes off and feel the grass between your toes.	Go for an early morning walk along the beach, watch the sunrise.