



What a HOOT!

Let's Move our Bodies

Goal: Move your bodies by doing animal stretches and poses together! Take turns choosing animals and make it a guessing game.

[Tip]: Think of Manitoba animals and how they eat, sleep, and move their bodies.

Why is this important? Movement is good for everyone! Stretching activities improve emotional and physical well-being.

References: Laxman, K. (2021). Exploring the Impact of a Locally Developed Yoga Program on the Well-Being of New Zealand School-Children and Their Learning. *Alternative Therapies in Health and Medicine*, 27(2), 34-40. <https://pubmed.ncbi.nlm.nih.gov/32827403/>