

Welcome to the Nurturing our Bodies - Week of Activities!

Day 1:

**Grounding
Your Body**



**Day 2:
Warming
Up**



**Day 3: Move
Your Body**



**Day 4:
Choose Your
Activity**



.....
Share highlights from your week of adventures that will be posted on our website for the group to see and for a chance to win a prize (randomly-selected):



Photo



Video



[Submit HERE](#)



Day 1: Grounding



Your Body



Before we start this week of getting active and exploring the outdoors, it is important we get grounded in our bodies. Here are a few opportunities to do so:

- ▶ Check out the amazing videos created by the Métis Nation of Alberta with RN and Teaching Professor, Keith King (also an AIM-HI mentor and mentee):

- [Mindful Pause Practice](#)
- [Mindful Eating](#)



- ▶ Stretch for at least 5 minutes

- ▶ Don't forget one of the most important activities of the day - sleep! Bring some more quality to your sleep by setting aside some time before bed (even just 5 minutes) to be present with your body and deeply breathe, accepting the day for what it is and perhaps bringing in a practice of gratitude to settle the mind for the night.



- ▶ Try practicing a body-scan before/after sleep to identify and relieve points of tension in the body



Day 2: Warming Up

Go for a walk and discover a new outdoor place: If you often go for walks in the same area, try a new route today and/or challenge yourself to be extra mindful of your surroundings when walking. Here are a few additional opportunities to connect more:



Find a spot to sit and observe your surroundings for at least 5 minutes - count how many birds you see, listen to the birds singing and just be present



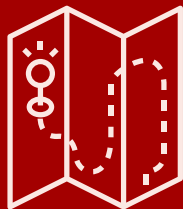
Grab some paper and crayons - now go for a walk to find a leaf or two to make a leaf rubbing ([tutorials on YouTube](#))



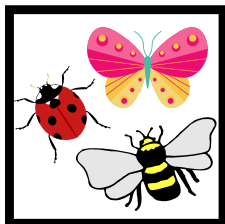
Leave it better than you found it - bring a garbage bag and sanitizer (possibly gloves) to pickup at least 3 pieces of litter/things that should not be in nature



Day 3: Move Your Body



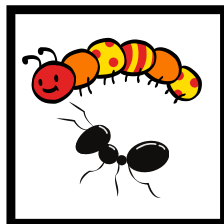
Go for a walk and look for the following:



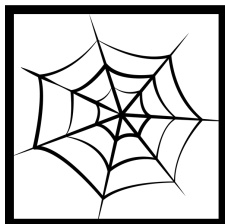
Flying Bug



Sapling



Crawling Bug



Spider Web



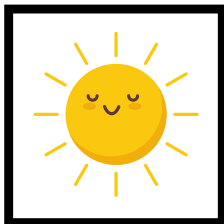
Flower



Tall or unique tree



Water Outdoors - perhaps a nearby body of water or a walk in the rain



The Sun (try to find your shadow)



Something you view as a treasure and/or that you are grateful for

Day 4: Choose Your Own Activity

Spend at least 30 minutes moving your body through your favourite physical activity (below are just a few examples, not an extensive list):



Walking



Running



Cycling



Dancing



Sports



Swimming



Join the virtual gathering at **10 am (PST) on June 17** to connect with others and participate in group activities

make sure you have access to paper, pens, + room to move around