

Mindful Animal Movement

Sometimes we can have very busy days with lots of things happening around us. This can make us feel happy and excited, but it might also make us feel sad or worried.

Often, moving around in different ways can help us to feel better about the day.

Read the instructions to find out how to do some mindful animal movements and then give them a try yourself!

Ngā tohutohu (*Instructions*)

Find a quiet space, it can be inside or outside, and take some time out to move like ngā kararehe (animals) from Te Whare Kararehe o Tāmaki Makaurau (Auckland Zoo)!

Hā nui ki roto, take a deep breath in, and then out, while you are in each position. If your body feels a bit stiff or sore then make sure you pause and find what feels comfortable for you!

Waekura
(*flamingo*)



E tū
stand tall and balance on one leg at a time, just like a graceful waekura.

Rīma whiore
tāwakawaka (*lemur*)



E noho
sit with your legs crossed and arms out, enjoying a deep breath like a peaceful rīma whiore tāwakawaka.

Pepeketua
(*native frog*)



Whakapāhake
crouch down with your fingers touching the ground, like a pepeketua ready to leap!

Want to do more?

Animal Yoga

Take part in some Animal Yoga with Patrick by following along with our video.



Try making up your own animal movements!

You could look at some animal photos to come up with ideas, or if you have any pets at home see what kinds of movements and stretches they do!

Once you have your own set of animal moves, share them with a friend or member of your whānau.

Learn more about these animals and how they move

See if you can find more information on the species using our Animal Pages.

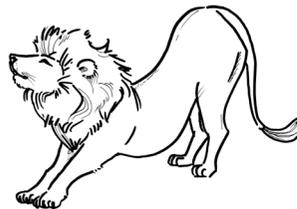


Video link:

<https://bit.ly/3CPbAVm>

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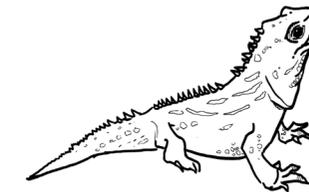
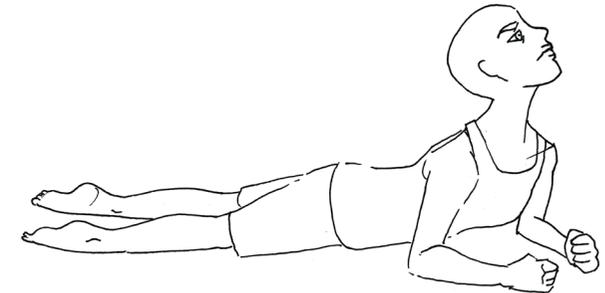
Raiona (lion)



Whakamārōrō

stretch out on your knees with a long puku (belly), just like a raiona getting ready to roar.

Tuatara



Takoto

lie on your puku and whakamārōrō (stretch) your head up like a tuatara basking in the sun.

Whakaata (reflect)

How do you feel now? Do you notice any changes in your body or in your mind after taking a moment to move like ngā kararehe?