



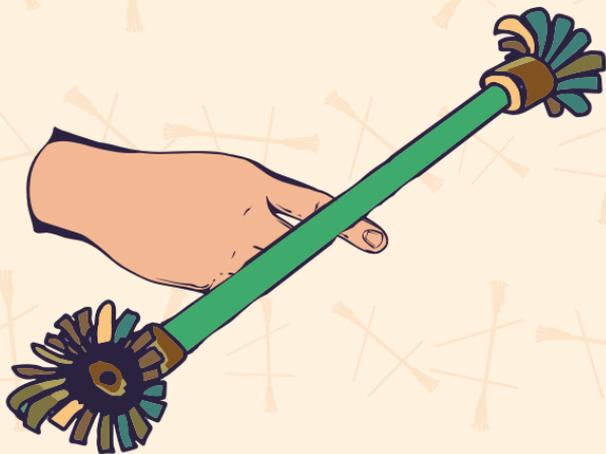
FLOWERSTICK

ACTION **CARDS**

FLOWERSTICK



Balance a stick on your finger(s)





FLOWERSTICK

ACTION **CARDS**

FLOWERSTICK



**Balance a stick
horizontally on your arm**





FLOWERSTICK

ACTION **CARDS**

FLOWERSTICK



Balance a stick vertically on your hand





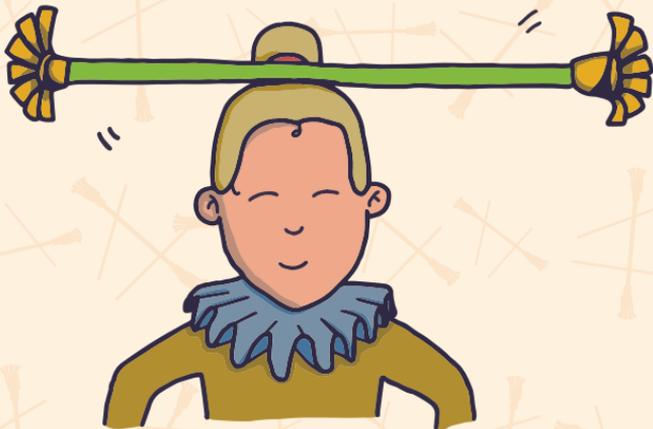
FLOWERSTICK

ACTION **CARDS**

FLOWERSTICK



Balance a stick on your head





FLOWERSTICK

action CARDS

FLOWERSTICK



**Balance a stick
on the back of your hand**





FLOWERSTICK

ACTION **CARDS**

FLOWERSTICK



Hold a stick between your bodies with no hands





FLOWERSTICK

ACTION **CARDS**

FLOWERSTICK



**Roll the flowerstick
on your arms
and onto your partner's**





FLOWERSTICK

ACTION **CARDS**

FLOWERSTICK



Roll the flowerstick on your arms





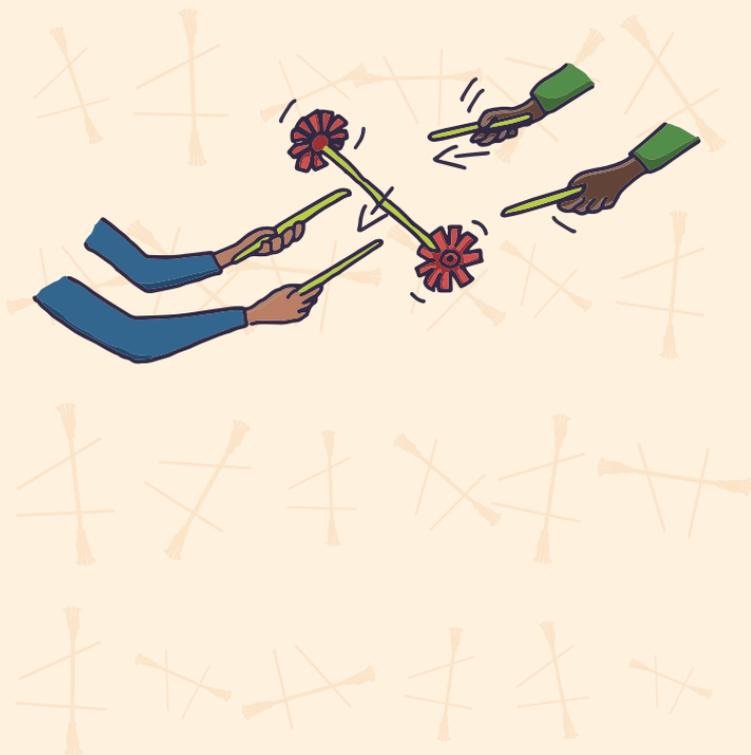
FLOWERSTICK

ACTION **CARDS**

FLOWERSTICK



Toss 1 flowerstick to each other using sticks





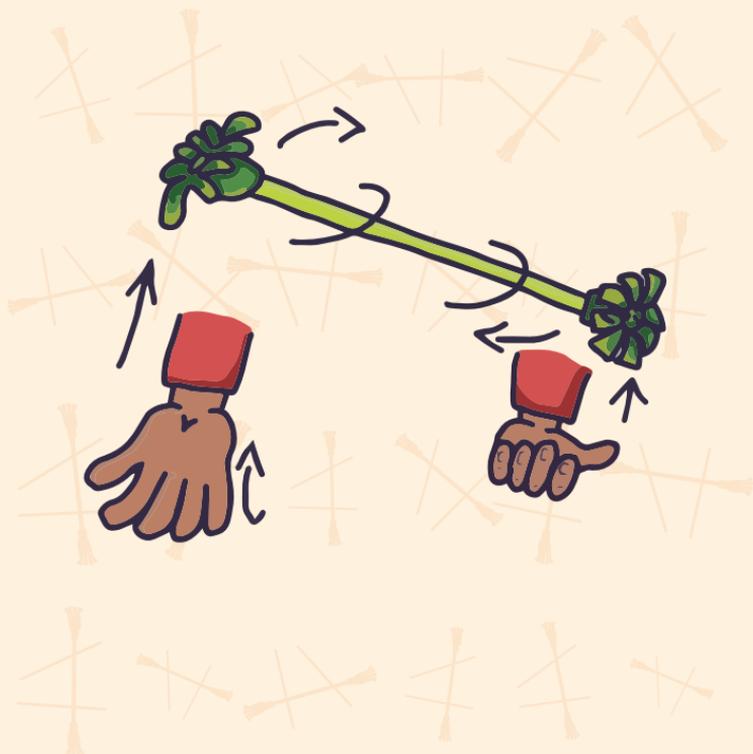
FLOWERSTICK

ACTION **CARDS**

FLOWERSTICK



**Toss and catch
the flowerstick
anyway you want**





ANY OBJECT

ACTION **CARDS**

ANY OBJECT



Balance an object on your body and move





ANY OBJECT

ACTION *CARDS*

ANY OBJECT



**Build a tower
using any objects**





ANY OBJECT

ACTION **CARDS**

ANY OBJECT



**Hold one (or more)
object with different
parts of your body
(armpit, knees...)**



ANY OBJECT



ACTION CARDS

ANY OBJECT



**Gently give any
object to your partner**





BALLS

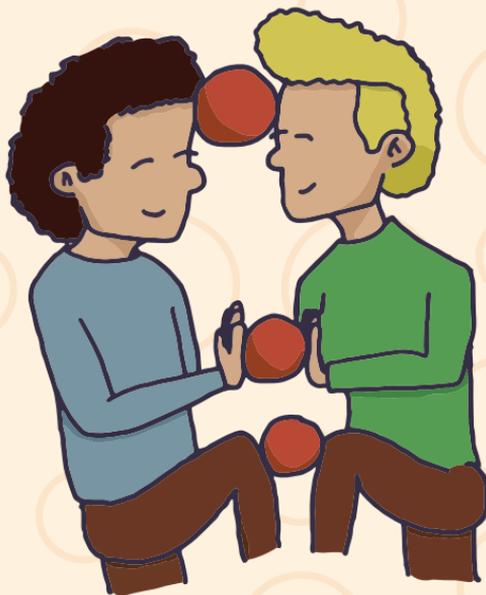
ACTION

CARDS

BALLS



**Make contact with 2
(or more) balls**





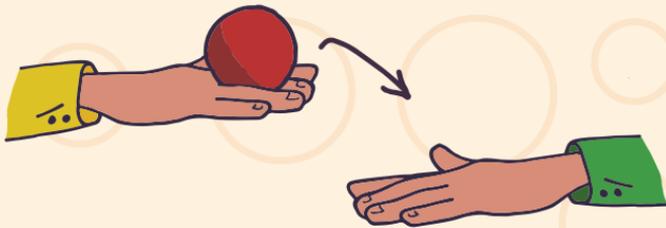
BALLS

ACTION **CARDS**

BALLS



**Balance a ball on your
hand and pass it
to your partner**





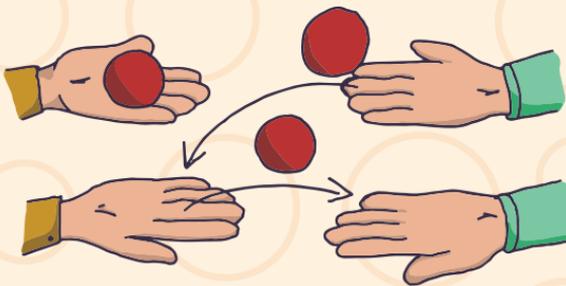
BALLS

ACTION **CARDS**

BALLS



**With 3 balls,
pass them one by one,
always in the empty hand**





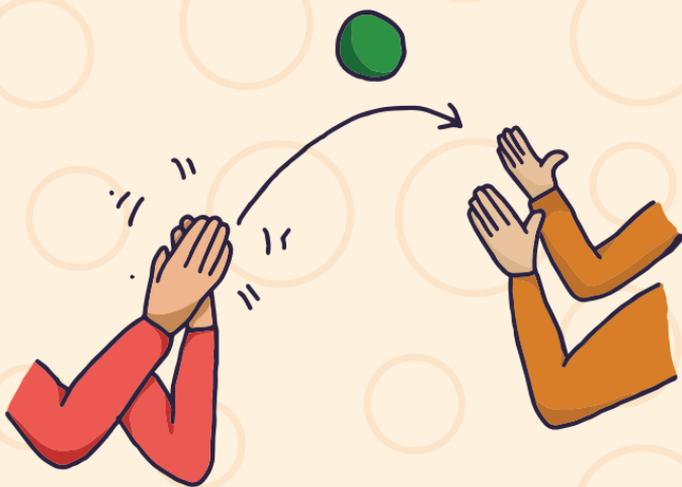
BALLS

ACTION *CARDS*

BALLS



**Toss (or Give) 1 ball
to your partner
and clap
your hands once**





BALLS

ACTION *CARDS*

BALLS



Roll one, or more balls to your partner





BALLS

ACTION *CARDS*

BALLS



Balance 3 (or more) balls on your body





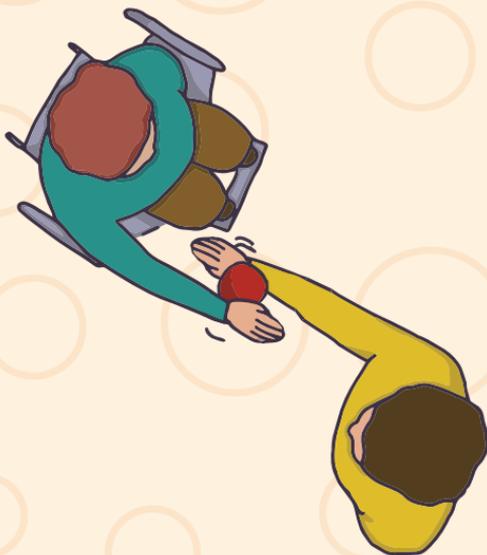
BALLS

ACTION **CARDS**

BALLS



Roll 1 ball between your bodies





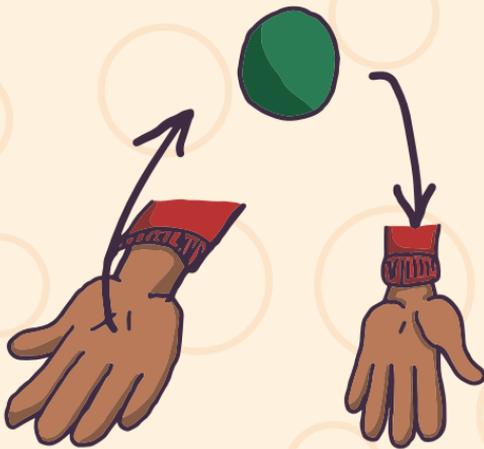
BALLS

ACTION **CARDS**

BALLS



**Toss (or Give) 1 ball from
one hand to the other**





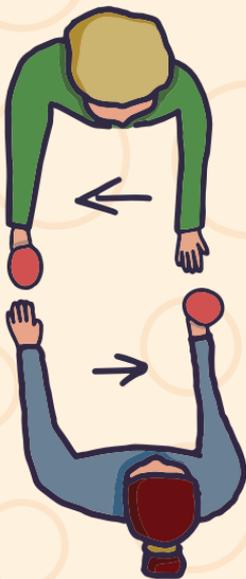
BALLS

ACTION *CARDS*

BALLS



**Taking turns: pass
any object
to yourself,
any way you want.
Your partner(s) repeat
what you do.**





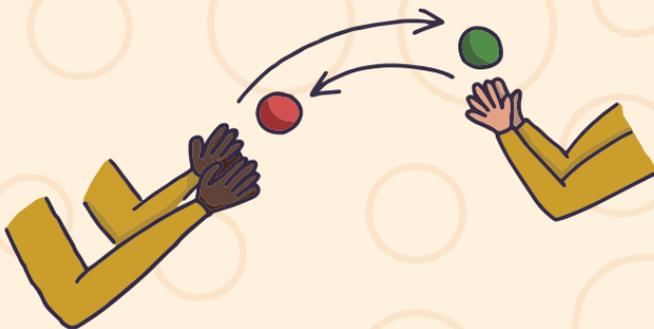
BALLS

ACTION **CARDS**

BALLS



**Toss (or Give) 1 ball
to your partner
and catch the one
they toss (or Give) you**





BALLS

ACTION **CARDS**

BALLS



**Pass one ball around
your waist in a full circle.**





MATTRESS



ACTION **CARDS**



MATTRESS

**On the floor, on the knees,
with two hands,
holding hands**





MATTRESS



ACTION CARDS



MATTRESS

**On the floor,
on the knees,
with two hands,
holding hips**



MATTRESS



ACTION CARDS

MATTRESS



**Make a “V” with
your bodies**





MATTRESS



ACTION CARDS



MATTRESS

**Sit on an invisible
chair facing each
other.**





MATTRESS



ACTION CARDS



MATTRESS

**Please stand
above your
partners knees.**





MATTRESS



ACTION **CARDS**



MATTRESS

**Group exercise:
Create this pyramid.
Be sure to have a
helper for safety**





MATTRESS



ACTION CARDS



MATTRESS

**Gently sit on your
partner's hips.
After, exchange position.**





MATTRESS



ACTION **CARDS**



MATTRESS



**Put your hands on your
partners' shoulders,
like on the drawing.
After, exchange position**





MATTRESS



ACTION CARDS



MATTRESS



**Stand over your partner
like on the picture**





ACTION CARDS



**Stand on one leg.
Use your arms to
keep your balance**





MATTRESS



ACTION **CARDS**



MATTRESS



**Make a bridge with
your body. Your partner
crawls under.**





MATTRESS



ACTION **CARDS**



MATTRESS



**Lay down on the
floor and
be stiff like a board.
Your partner
slowly pull your
ankles from the floor
(not too high)**



GAMES

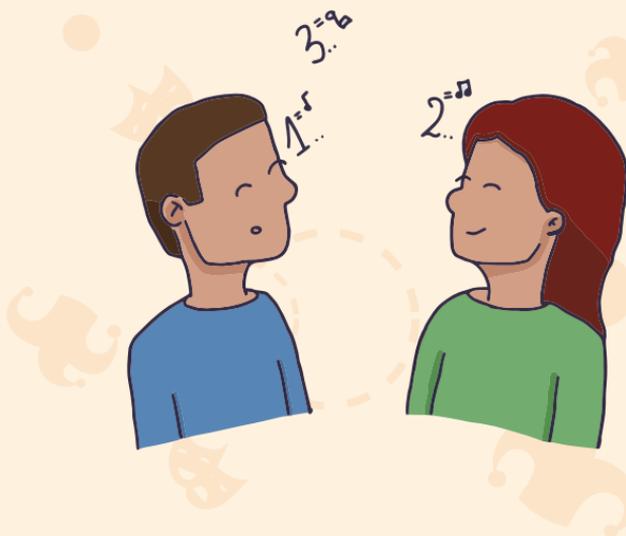


ACTION **CARDS**

GAMES



Count till 3 with your partner. Take turns saying the numbers. After a while use a sound instead of the number one. After a while make another sound instead of number three.



GAMES



ACTION **CARDS**

GAMES



Play Rock-Paper-Scissor but with greetings gestures:

Highfive > Handshakes > Elbow to elbow > Highfive



GAMES



ACTION CARDS

GAMES



**Only one partner walk.
The other set the speed
of walking by calling out
(or showing) a number
from 1 (very slow)
to 5 (very fast)**



GAMES



ACTION CARDS

GAMES



**Gently move your
partner's arm
and legs like a puppet.
You can decide to touch
the puppet or not**



GAMES



ACTION CARDS

GAMES



**Mime a situation
/ action / object,
your partner
needs to guess
what you are imitating**



GAMES

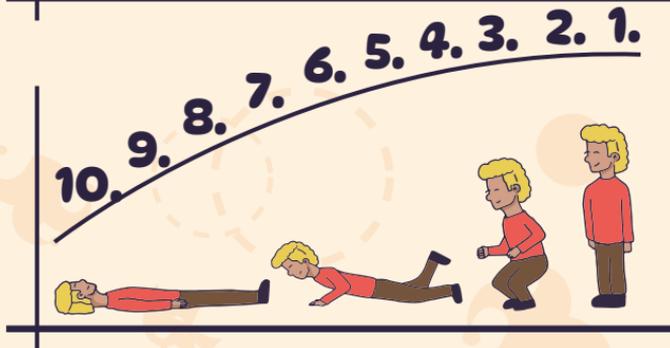
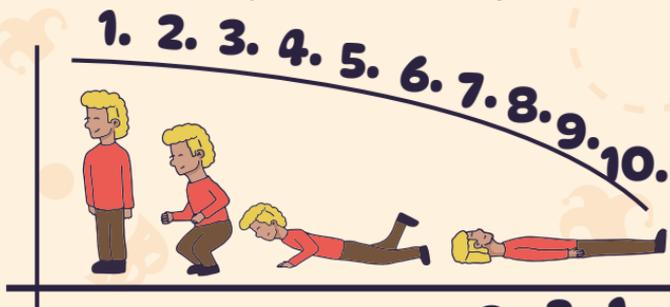


ACTION *CARDS*

GAMES



**Start standing.
Slowly lie down as
you count down
from 10 to 1,
then stand up slowly
counting from 1 to 10.
Go at your own pace.**



GAMES

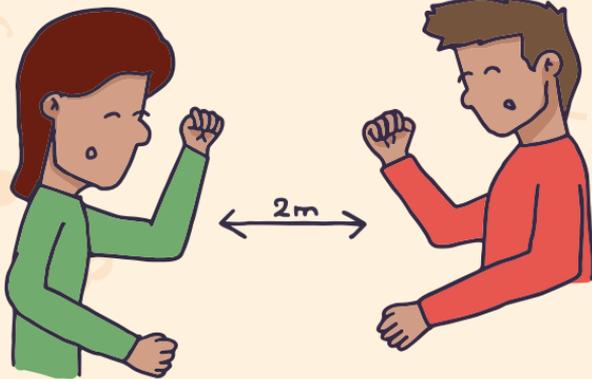


ACTION *CARDS*

GAMES



**Do a dance in
slow motion.
Starting from
2 meters away.**



GAMES



ACTION CARDS

GAMES



Shape your partner like a sculpture, placing their arms and legs in position..



GAMES



ACTION CARDS

GAMES



**Your partner is
your mirror.
When you move they
do the same, as a mirror.**





PLATE

ACTION **CARDS**

PLATE



**Hold a plate on a stick
(and walk around if
you are comfortable)**





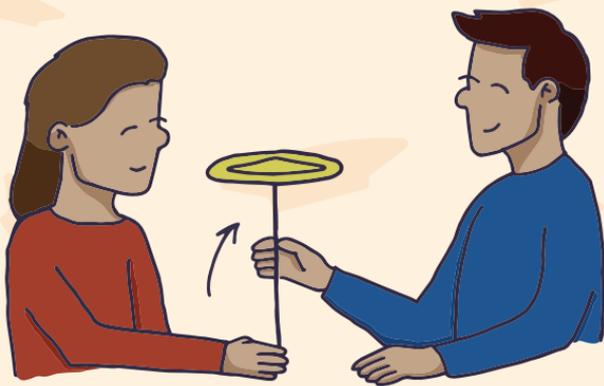
PLATE

ACTION **CARDS**

PLATE



**Pass a plate balancing
on a stick to your partner.**





PLATE

ACTION **CARDS**

PLATE



**Balance a plate on
one finger
(and walk around
if you are comfortable)**





PLATE

ACTION **CARDS**

PLATE



**Pass a plate from your
finger to your
partner's finger**





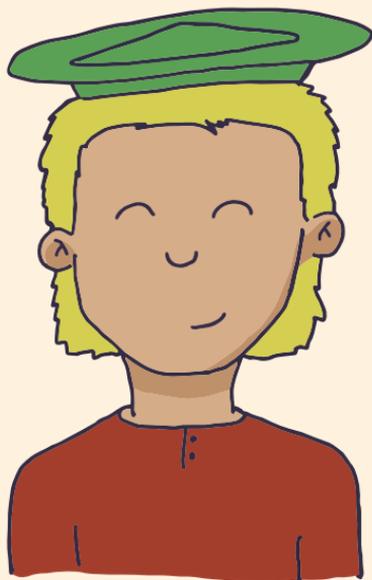
PLATE

ACTION **CARDS**

PLATE



**Balance a plate
on your head
(and walk around if
you are comfortable)**





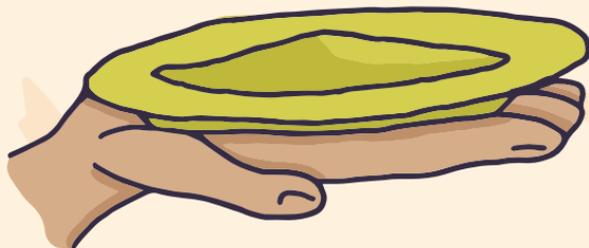
PLATE

ACTION *CARDS*

PLATE



**Hold a plate on
your open hand
(and walk around if
you are comfortable)**





PLATE

ACTION *CARDS*

PLATE



**Spin a plate on one
finger however you can**





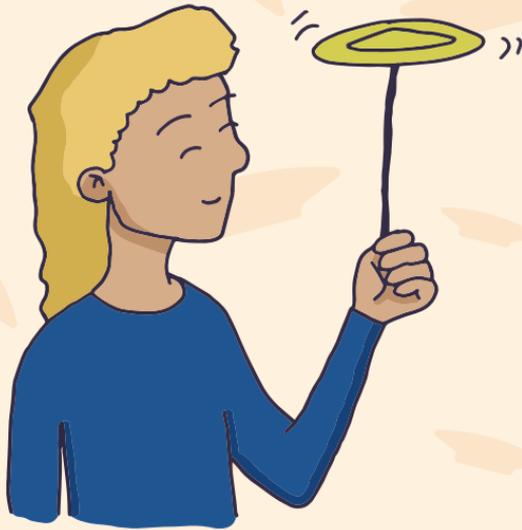
PLATE

ACTION **CARDS**

PLATE



**Spin a plate on a
stick however you can**





PLATE

ACTION **CARDS**

PLATE



**Pass the plate from
your right index
finger to your
left index finger**





PLATE

ACTION **CARDS**

PLATE



**Exchange your plate
with your partner.**



SCARVES

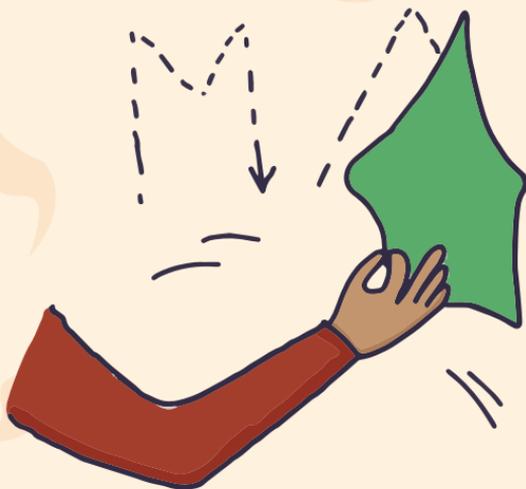


ACTION
CARDS

SCARVES



**Write your partner's
name in the air
with the scarf**



SCARVES



ACTION
CARDS

SCARVES



**Throw the scarves
in the air.
Whose stays up longer?**



SCARVES



ACTION **CARDS**

SCARVES



**Throw a scarf
up with one
hand and catch it
with the other,
letting it float
down slowly.**



SCARVES

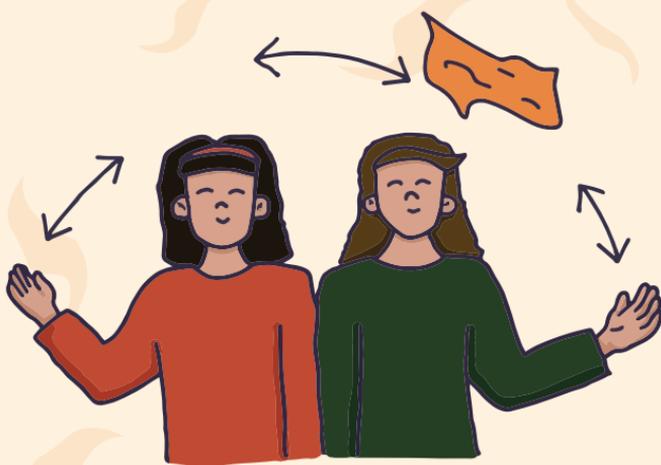


ACTION CARDS

SCARVES



**Make a rainbow by
throwing the scarfs**



SCARVES



ACTION **CARDS**

SCARVES



**Toss a scarf to
your partner, letting it
float down to them**



YOGA BLOCK



ACTION *CARDS*

YOGA BLOCK



Step on the block with 1 leg





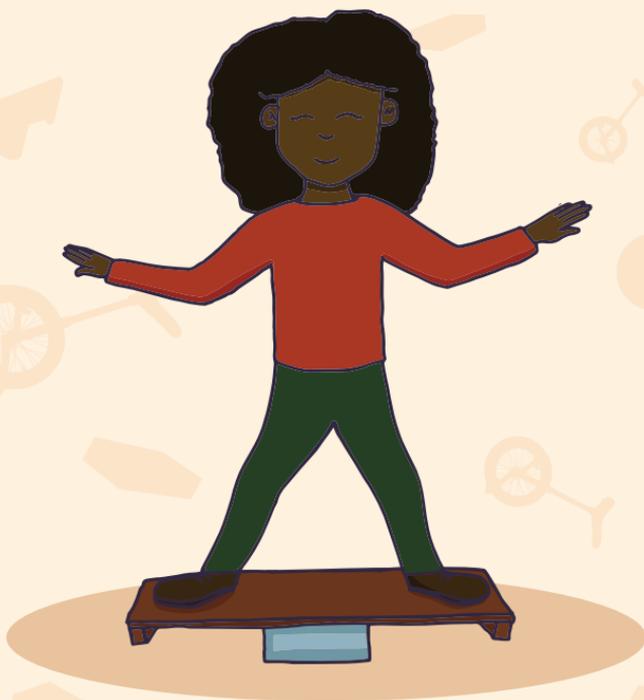
YOGA BLOCK / ROLA BOLA

ACTION *CARDS*

YOGA BLOCK / ROLA BOLA



**Climb onto the board
balanced on
a yoga block**





YOGA BLOCK / ROLA BOLA

ACTION *CARDS*

YOGA BLOCK / ROLA BOLA



**Put a rola bola
on two vertical
blocks or rolls and
step on it.
Ask another person
to secure you**





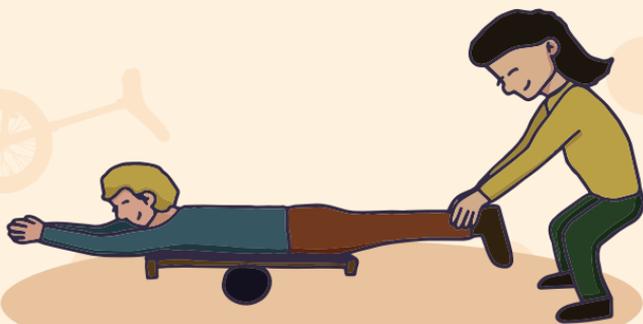
YOGA BLOCK / ROLA BOLA

ACTION **CARDS**

YOGA BLOCK / ROLA BOLA



**Lie on your belly on the
board while someone
holds your ankles**





YOGA BLOCK / ROLA BOLA

ACTION *CARDS*

YOGA BLOCK / ROLA BOLA

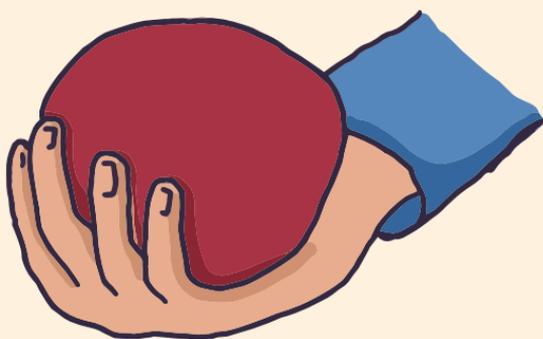


**Climb on the board
with another
person securing you**



DESCARTE

Some people can only use one arm. Challenge yourself by holding a ball in your dominant hand



BE CARE

**Some people move
through life
without using their legs.
Challenge yourself
by sitting
on a chair and
staying still**



BE CARE

**Some people
need support
in their lives. Challenge
yourself by tying
yourself to your partner**



BE CARE

**Some people move with
difficulty in their legs.
Challenge yourself by
strapping your
legs together**



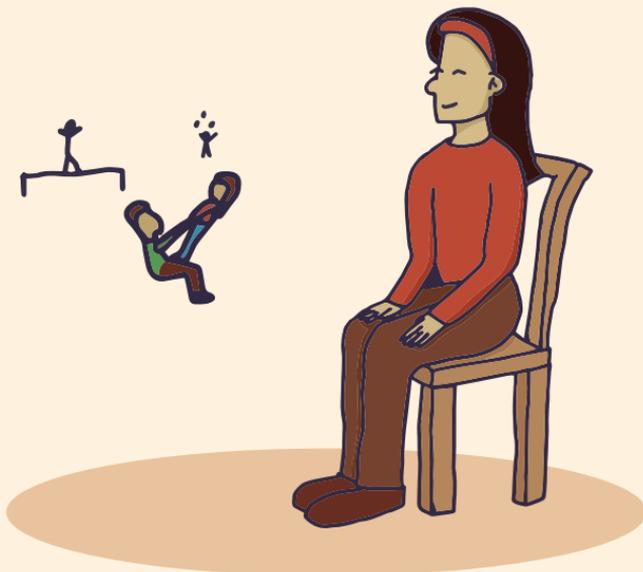
WELCOME

**Some people experience
the world
without hearing.
Challenge yourself
by putting on earphones
and blasting music**



BE CARE

**Some people
need to rest
often to save their
energy.
Challenge yourself by
sitting apart in
a quiet place**



BE CARE

**Some people
communicate
without speaking.
Challenge yourself
to explain the
exercise to your partner
without using words**



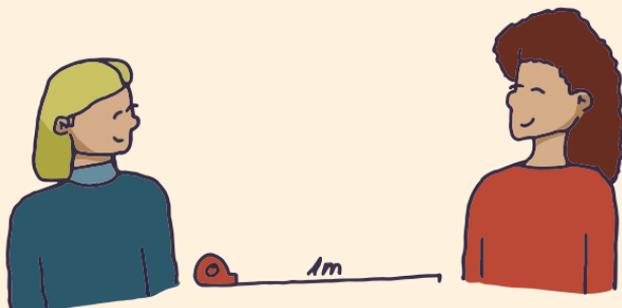
BE CARE

**Some people move at a
slower pace.
Challenge yourself
to move as
slowly as you can**



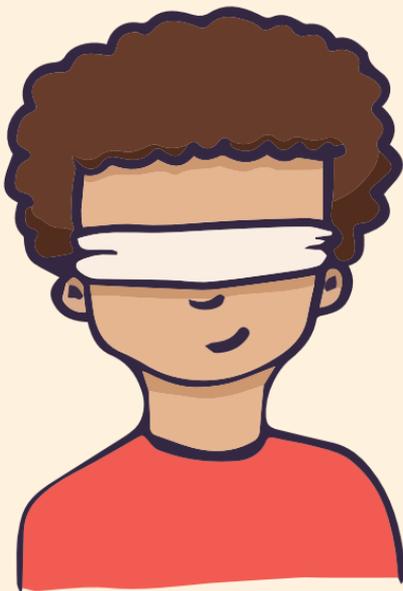
BE CARE

**For some people, physical
contact is difficult.
Challenge yourself to do
the exercises
while always
staying 1 meter away
from your partner**



BE CARE

**Some people experience
the world without seeing.
Challenge yourself
by putting on a blindfold**



BE CARE

**Some people naturally
make gestures
and sounds.
Challenge yourself
to say 'butterfly'
and pretend
to fly every minute**



BE CARE

**For some people it's
hard to stay still.
Challenge yourself to
keep moving without
stopping or taking breaks**



WELCOME

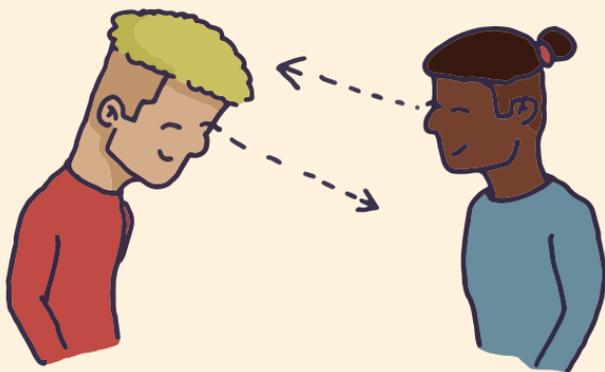


**Some people find it
hard to focus.
Challenge yourself to
do the exercises without
reading the instructions**



BE CARE

**Some people feel
uncomfortable with
eye contact.
Challenge yourself
not to look at
anyone's face**



BE CARE

**Some people move in
different ways.
Challenge yourself
to touch
the ground with one
knee every step you take**

