

# Welcome!



**EVER ACTIVE SCHOOLS SUPPORTS FOR GROWING  
PHYSICAL LITERACY IN SCHOOL COMMUNITIES**



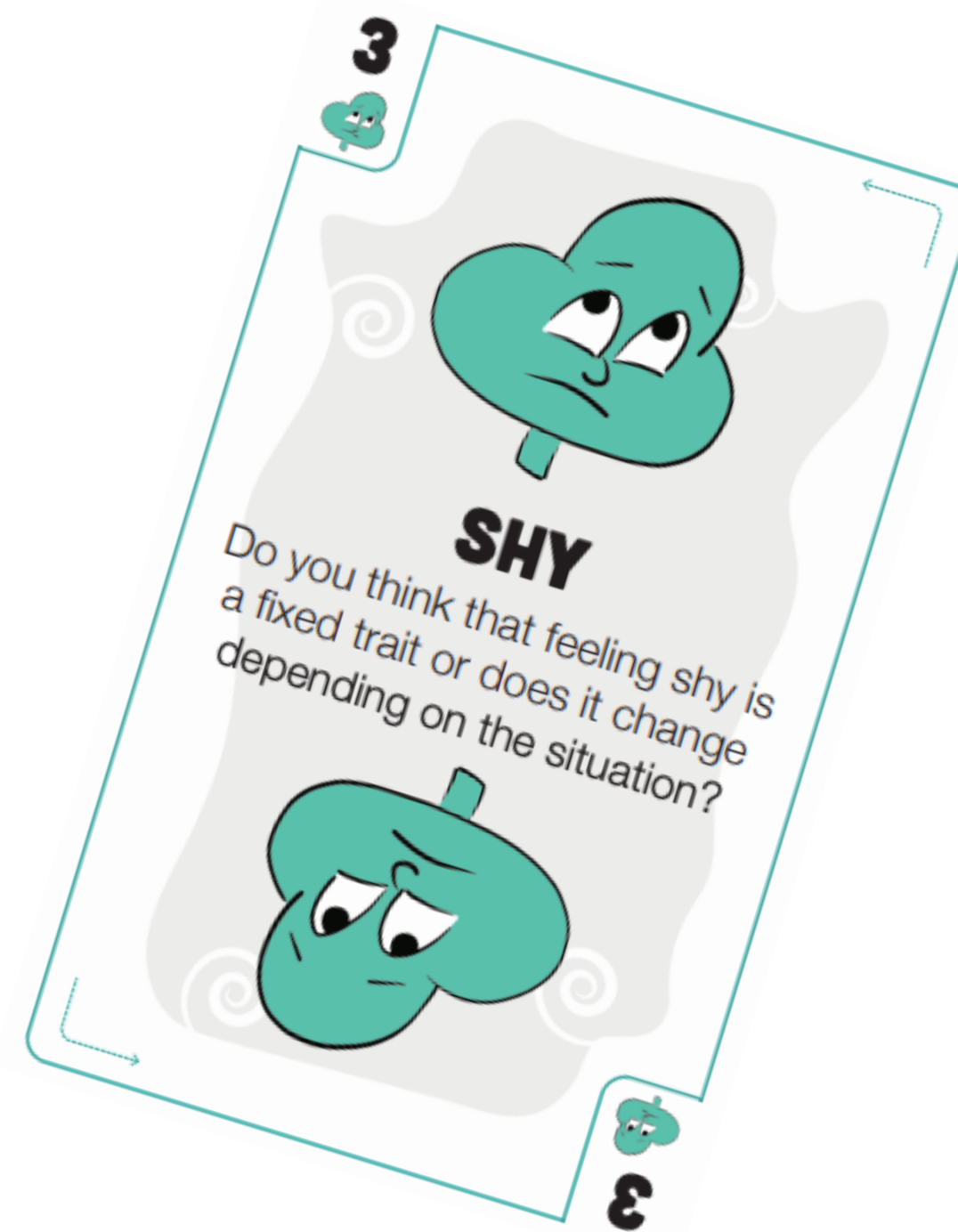






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SHAPE

SAFARI



SHAPE SAFARI



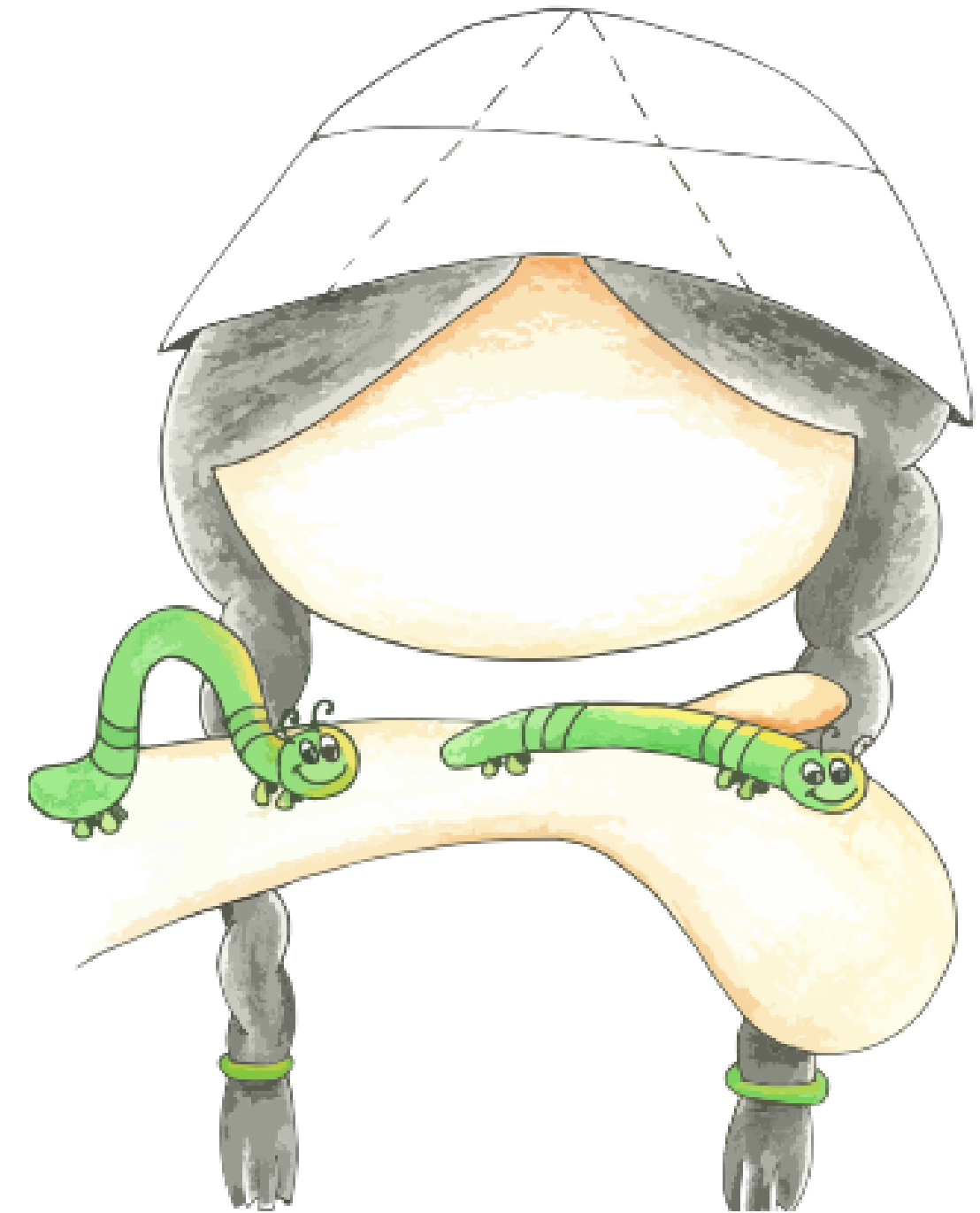
### INCHWORM BREATHING

1. Imagine how an inchworm moves.
2. Can you imagine as an inchworm arches its body up and then stretches its body out flat again to move forward?
3. An inchworm moves like a pattern: up and down, up and down. Our breathing moves like a pattern too: in and out, in and out.
4. Can you breathe like an inchworm moves? Rhythmic breaths in and out through the nose. Inhale as the inchworm arcs up, exhale as the inchworm flattens out again.

★ Using your finger, you can draw the up and down pattern of an inchworm along your opposite palm or forearm as you practice Inchworm Breathing.



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# COLD WEATHER RECESS PLANNING



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LET'S  
MOVE!





# More From Ever Active Schools

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**LISTEN!**



**ATTEND!**



**SIGN UP!**



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# Thank you!



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