

**LET'S MOVE!**

# SHAKEY SHAKE!

**Whenever you need to shake things up, get some new energy, or just want to move for the fun of it, try this exercise:**

1. Begin by becoming very still.
2. Feel a little shake start to happen just below your belly button. This is the “centre” of the shake.
3. Grow that shakey movement. Make it bigger and more energetic, slowly. Feel the shake in your chest, your arms, your legs! Let it take over your body!
4. Once your whole body is shakey-shaking, start to slow it down. Bring the shake slowly back into the belly-button centre.
5. Return to stillness.

*For even MORE fun:*

- Play your favourite song while you do this!
- Try starting the shakey-shake centre to different body parts. What if it started in your right elbow?



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