What You Will Discover
Find out how your body can move to keep you active, healthy and fit.
Time to get moving!

The Adventure
Our bodies can do some pretty amazing things! Using various materials, or by doing all sorts of exercises and stretches as a group, find out how our bodies move best. What bends? How do our joints work? How far can you bend? Use concepts similar to Follow the Leader or Simon Says, but only use stretches or yoga poses. Warm up and be sure to find your own limits—while trying your best to stay active and healthy!
Plan
• What materials do you need for this activity?
• Who will lead your exercises or game?
• How do you prepare for this activity?

Do
Using #ScoutsDoStuff, share what you’ve discovered with a younger Section, or your friends and family!

Review
• What were the easiest activities?
• Which were the most difficult?
• What did you find out about body movement?
• What exercises might you want to do daily?

Safety Note
• **Warm up** before bending to keep your body safe!
• What type of footwear do you need to stay safe while being physically active?
• Know your limit, and don’t push your body to bend in ways that it can’t! Some people are more flexible than others.

Try this
**Keep it Simple**
In small teams, use bendable art supplies, like garbage bag ties, chenille stems, vinyl-coated wire, yarn and plastic lacing and test their bending abilities! How are these similar to our joints?

**Take it Further**
Put these concepts into action and run a yoga night at your meeting hall. Invite a local yoga teacher to come and run a session!