

## GSHH Get Moving



Even when you're stuck at home it's always good to find ways to be active so take on the GSHH Get Moving challenge! Everyday we have a different activity for you to try as well as time to meditate, work on mental health as well as physical health! **With an adult's permission to use the internet and supervision**, complete the whole week of activities to get the Virtual Workout patch! To order the fun patch for \$1.25, please email [ghanley@girlscoutshh.org](mailto:ghanley@girlscoutshh.org).

## Monday: 5 Minute Workout & Thoughts

Start off with a fun 5 minute workout! Then afterwards or later on in the day take some time for reflection with cosmic kids!



<https://www.youtube.com/watch?v=x1Ejg0HuSL5Q>



[https://www.youtube.com/watch?v=43\\_PhrjDy4w](https://www.youtube.com/watch?v=43_PhrjDy4w)

## Tuesday: Time for a Dance Party & Zen Listening

Day two! Time for a Dance Party and some zen time! Dance along with Kidz Bop! Then go to cosmic kids for some zen time!

[https://www.youtube.com/watch?v=UjGKzG\\_Ya8](https://www.youtube.com/watch?v=UjGKzG_Ya8)

[https://www.youtube.com/watch?v=3\\_nT4TZaw](https://www.youtube.com/watch?v=3_nT4TZaw)



## Wednesday: Frozen Yoga & 5 Mindfulness Exercise

Take some time to do Frozen themed Yoga! Then later on try out 5 mindfulness exercises with the Zen Den!



<https://www.youtube.com/watch?v=ag0ZCEAMk>



[https://www.youtube.com/watch?v=0v1wv4nEvx0&list=PL6K17ZAD0C9n\\_dg\\_4gg](https://www.youtube.com/watch?v=0v1wv4nEvx0&list=PL6K17ZAD0C9n_dg_4gg)

## Thursday: 8 Minute Workout and Zen Dog

Let's get moving! Take some time to do an 8 minute workout, and then head over to Cosmic Kids, and take some time with the Zen Dog!



[https://www.youtube.com/watch?v=CFU6Tg\\_dg](https://www.youtube.com/watch?v=CFU6Tg_dg)



[https://www.youtube.com/watch?v=18R0Cj\\_u818g](https://www.youtube.com/watch?v=18R0Cj_u818g)

## Friday: Kidz Bop Dance Party & Taste Test

Time for a dance party! Head on over and learn the Kidz bop shuffle! And dance along with them! Later on take some time to head to Cosmic Kids and do the taste test!



[https://www.youtube.com/watch?v=26F\\_RL\\_4U8](https://www.youtube.com/watch?v=26F_RL_4U8)



<https://www.youtube.com/watch?v=2a203v9ic>

## Saturday: Moana Yoga and Yes You Can

Take some time to do yoga and hear a story about Moana! Then head over to Cosmic Kids and do the yes you can!



<https://www.youtube.com/watch?v=3pVW0200>



[https://www.youtube.com/watch?v=5y3jCk\\_XI](https://www.youtube.com/watch?v=5y3jCk_XI)

## Sunday: 5 Minute Workout & Movies in my Mind

Last workout! Try the 5 minute workout and then later on head over to cosmic kids for mental movies!



[https://www.youtube.com/watch?v=1D\\_Xag2h\\_w](https://www.youtube.com/watch?v=1D_Xag2h_w)



<https://www.youtube.com/watch?v=2a203v9ic>