

MONDAY 7 SEPTEMBER 2026

#BEACTIVE

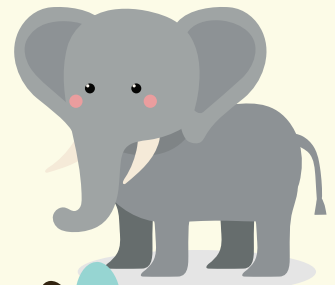


We can all benefit from being active every day. It can help you feel stronger, more energetic, sleep better and HAVE FUN! Today, let's get involved with games, spend time outdoors, and get our bodies moving. All kinds of movement will help your health and wellbeing physically, socially and mentally. Let's #BeActive.



ANIMAL MOVES PARADE

Choose your favourite zoo animals and move like them — stomp like an elephant, stretch like a giraffe, flap like a flamingo! Invite others to join your parade around the house or garden. Doing this activity is part of UNCRC Article 31 – the right to play. It encourages joyful movement, imagination, and self-expression through play.



WILDLIFE EXPLORER TRAIL

Make your own nature trail in a local green space. Use sticks to mark a path, spot bugs and birds, and draw or write about what you discover. You're the explorer — what will you name your trail? Doing this activity is part of our My Health, My Rights Charter – a right to safe spaces. It builds curiosity, independence, and connection to nature without needing any equipment.



FAVOURITE ANIMAL WORKOUT CHALLENGE

Design a 10-minute workout inspired by zoo animals — cheetah sprints, gorilla squats, flamingo balances. Share your routine with friends or family and challenge them to try it. This activity supports the EACH Charter Article 7 – a right to age-appropriate play, recreation and education. It promotes physical health, creativity, and peer connection through movement.

