



MULTIAGE

ZEN CHALLENGE

Experiment with the benefits and calming effects of breathing and stretching with a few fun and relaxing poses.



REQUIRED MATERIAL

- Zen Challenge posters (see following pages)
- Mat, blanket or towel for each camper

STEPS

1 Set up

- Choose a quiet place and put up the Zen Challenge posters, in order.
- Take your place in front of the group.
- Have the campers place their mat, blanket or towel on the floor to be comfortable.
- If possible, have the kids take off their shoes so they are barefoot.

2 Prepare

- Before starting the Zen Challenge, look at the images of each pose with the kids. It will then be easier to do them.
- Tell the campers that during the breathing exercises, they can breathe in by counting up to 7 in their head before they exhale.

3 Perform the poses

- Read aloud the instructions for each pose appearing on the following pages. The kids can perform each one as you describe them.
- You can repeat each challenge the desired number of times before moving on to the next one.

4 Encourage the campers to share their thoughts

Once the challenge is complete, you can ask the campers to draw which animal, character or object they preferred to imitate.

This activity was designed by Cardio Plein Air, in collaboration with the Health Challenge.



ZEN CHALLENGE
NO. 1

THE BUTTERFLY



Seated in the butterfly pose (soles of your feet touching), hands on your stomach, eyes closed, inhale deeply and slowly, inflating your belly.

Gently exhale while moving your knees up and down to flap the butterfly's wings.

Repeat this breathing pattern and the flapping of wings 3 to 6 times.

ZEN CHALLENGE
NO. 2

THE OYSTER



Fold your body over like an oyster in the sea protecting the pearl inside yourself: sitting, legs extended and back straight, slide your hands along your legs to grab your big toes, without forcing.

If you can't reach your toes, place your hands on your legs or bend your knees.

Hold the pose for 3 to 6 slow, deep breaths.

THE TREE



Standing, leaning on the wall if necessary, do the tree pose by lifting one foot and placing it on the opposite leg, at the ankle or the thigh, whichever is more comfortable.

Bring your hands together at chest height.

Hold the pose for 3 to 5 slow, deep breaths.

Repeat with the other leg.

Variation: Instead of holding the pose without moving, take deep breaths while lowering your leg during the inhale and lifting it back up during the exhale. Repeat with the other leg.

THE BOAT



Balancing on your bum, back straight, legs lifted and arms raised to the sky, sail like a boat in the sea.

Hold the pose for 3 to 5 slow, deep breaths.

If this is too difficult, you can bend your knees a little or keep your hands on the floor.

Variation: While taking deep breaths, paddle with your arms by bringing them back down towards you.

THE SINGER



Place one knee on the floor, the sole of the other foot flat on the floor in front of you and your knee bent at 90 degrees, hands on your hips.

Take 3 to 5 slow, deep breaths, inflating your belly: lift your arms up toward the sky and lower them while exhaling.

Repeat the pose with the other knee on the floor.