

Light-heartedness



Grey Seal, *Halichoreus grypus*



Leave your worries behind

A seal can swim long distances underwater, but they also love to relax and sleep on a rock far out at sea. Imagine you are a seal that has found an inviting rock in the ocean. Find a suitable spot on a nearby hill and take a small stone with you. If you want, you can quietly reflect on something that worried you and then leave the worry together with the small stone on the hilltop.



Can you move like a seal?

In the sea, the seals move quickly and agilely, but on land they clumsily bounce around. Do you want to test? How does it feel to run around light-footedly? How does it feel to hop on one foot? What movement makes you feel carefree and happy? Why?

