

# be shiny everyday!

take something ordinary and make it extraordinary  
for more shiny ideas please visit our website!



## How can you dance together?

How does your body move; spin, skip, jump, run, roll until the music runs out or you're hot and sweaty!



## Find a BIG shiny?

An emergency blanket, a sheet off the bed, a very large piece of paper; cover yourself up and hide underneath. Wrap yourself up, lie on top or share and shake it with a partner.



## What's your shiny?

Find something new to flutter; a feather, a leaf, a small piece of paper. How you can make it move; drop it, catch it, fan it, blow it.... what else can you do?

Upload your shiny day via

@turnedonitshead

#shiny

