

ACTIVITY	DESCRIPTION
<b>EACH ACTIVITY TO LAST 5 MINUTES</b>	
<p><b>MOVE IT MONDAY</b></p> <p style="text-align: center;">YOGA</p> <p>Equipment- music, pen and paper</p>	<p>Complete the Yoga routine with some relaxing music on. Hold each pose for up to 20 seconds. Complete each move slowly and try to relax and breathe. Complete it once and write down something great about a family member.</p> <p>Repeat the poses second time and write down something great about a friend and finally repeat it a third time and write something great about yourself.</p>
<p><b>TALKING TUESDAY</b></p> <p style="text-align: center;">SIMON SAYS</p>	<p>Talk to a friend/family member and challenge them to play 'Simon Says.'</p> <p>Set your partner different exercises to do like 'Simon Says' actions shake your whole body, Jump, spin, wave arms in the air, walk like a crab, hop, lay on back and pedal a bike, pretend to sit in a chair, arm circles, balance, touch your toes 10 times, pretend to shoot a basketball, skipping, dance, touch the floor and jump up. You can add a set number of times for each activity. Swap and someone else becomes 'Simon.'</p> <p>At the end of the game ask your friend or family member the following questions:</p> <p>Which action did they enjoy the most? Which action was the hardest? Which action was the easiest? Ask them what they have enjoyed the most about lockdown? What has been the hardest thing about lockdown? What are they most excited to do in the future?</p>

<p><b>WORRY LESS WEDNESDAY</b></p> <p>SCAVENGER HUNT &amp; WORRY WAND MAKING</p> <p>Equipment: stick, felt tip pens, paper, glitter and glue, sellotape</p>	<p>Today you should explore the outdoors. How many of the following items can you find? You can bike, scoot, run or walk</p> <ul style="list-style-type: none"> <li>* An acorn</li> <li>* A stick (pick this up and take home or back to your classroom)</li> <li>* A flying insect</li> <li>* a vehicle</li> <li>* a squirrel</li> <li>* two types of leaves</li> <li>* an animal making noise</li> <li>* a flower</li> <li>* a shop</li> <li>* a post box</li> </ul> <p>During your walk find a stick. This will become your 'worry wand' when you get back to home/school you could decorate your worry wand. Whilst decorating your wand, think about anything which is worrying you. You may choose to discuss it or keep it to yourself. After you have made your wand, use your imagination to magic your worry away. You may even want to create a spell.</p>
<p><b>TRAIN IT THURSDAY</b></p> <p>30 MINS OF PHYSICAL ACTIVITY &amp; BUCKET LIST</p> <p>Equipment: Pen, paper, felt tips.</p>	<p><b>ACTIVE 30</b></p> <p>Today you should do a sport or physical activity which makes you happy.</p> <p>Try and do the activity for 30 minutes. After you have done your activity you should be feeling happy and positive. You should create a bucket list. Create a bucket list post of things you want to do with your friends and family after lockdown, new things you would like to try, anything you would like to achieve, anything you want to learn, new foods you would like to try, and places you would like to visit.</p>

**FRUIT & VEG  
FRIDAY**

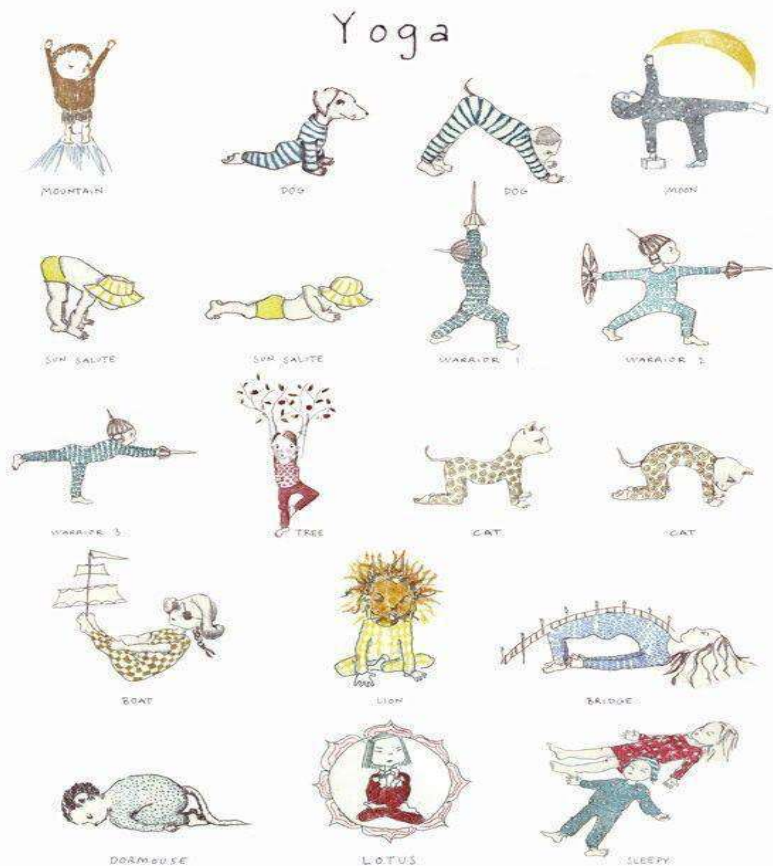
Today you should try to eat more fruit, vegetables and drink more water.

Draw a plate and separate the plate into sections for fruits and vegetables, protein, carbohydrates, and fats. After you have created this write down a healthy meal containing each of the food groups.

**BEAN GAME &  
HEALTHY EATING**

To keep you active today, How about playing the bean game . Ask someone to be in charge of calling out the names of the beans. Make sure you do the actions! This should get your heart pumping. Then swap the caller!

Equipment: Pen,  
paper, felt tips.



**BEAN GAME ACTIONS FOR FRIDAY**

**String bean** – stretch up as high as you can.

**Broad bean** – make yourself as wide as you can.

**Runner bean** – run on the spot.

**Jumping bean** – jump on the spot.

**Jelly beans**– shake your whole body like jelly

**Beans on toast** – lie flat on the floor.

**Chilli beans** – shiver as though you are very cold.

**Mr. Bean** – shrug your shoulders and make a confused face.

**Beanie Baby** – suck on your thumb.

**Bean bags** – huddle in a ball on the floor

**French bean** – wiggle your hips and say 'Oh La La ' in a French accent

