

## GET UP, GET ACTIVE!

1. Cycle your bicycle for 15 minutes.	2. Go for a brisk walk.	3. Dance to three of your favourite songs.
4. Draw your own hopscotch with chalk and play	5. Create your own obstacle course.	6. Kick a ball with someone for 15 minutes.
7. Grab a skipping rope and skip for 2 minutes - count how many skids you can do.	8. Play Simon Says using exercises.	9. Ride your scooter for 15 minutes.
10. Throw a Frisbee with someone for 15 minutes.	11. Jog on the spot for 30 seconds.	12. Do 20 Jumping Jacks
13. 15 minutes of free play outside.	14. Jump on your trampoline.	15. Skills practice (any sport)

## HIIT WORKOUT

Session 1 5 x 25	Session 2 Legs Moving	Session 3 Up & Down
<ol style="list-style-type: none"> <li>1. 25 jumping jacks</li> <li>2. 25 squats</li> <li>3. 25 seconds run on the spot</li> <li>4. 25 push ups</li> <li>5. 25 seconds plank</li> </ol>	<ol style="list-style-type: none"> <li>1. 30 seconds run on the spot</li> <li>2. 30 seconds high knees</li> <li>3. 30 seconds jumping jacks</li> <li>4. 30 seconds butt kicks</li> <li>5. 30 seconds jog on the spot</li> </ol>	<ol style="list-style-type: none"> <li>1. 30 seconds jumping jacks</li> <li>2. 30 seconds mountain climbers</li> <li>3. 30 seconds run on the spot</li> <li>4. 30 seconds plank</li> <li>5. 20 seconds burpees</li> </ol>

*Or... have a family disco - stick on your favourite tunes and bop around the room for 20 minutes!*

## MINDFULNESS AND WELL-BEING

1.  
Place your hand on your belly. Take 10 deep breaths and notice your hand moving up and down as you breathe.

2.  
Sit very still and notice one thing that you can see, hear, feel, taste and smell.

3.  
Sit quietly for a minute. Try to notice how often you blink. How many times did you blink in one minute?

4.  
Think of an act of kindness you could do for someone in your family.

5.  
Breathe in for 4 seconds, hold it for 7 seconds, and then breathe out for 8 seconds. Do this 3 times.

6.  
Turn off all electronics such as televisions, tablets, phones and game consoles and play a game with your parents/siblings.

7.  
Think about your favourite place. Pretend that you are a bird flying over your favourite place. What do you see?

8.  
Stand up tall and then bend over and let your arms hang down by your feet. Try to loosen your arms and just let them hang. Take 5 deep breaths and then slowly stand back up.

9.  
Sit quietly and look around the room. Try to find one thing that is each of the following colours: Red, orange, yellow, green, blue, purple, pink, white, brown and black.

10.  
Close your eyes and think about how you are feeling. Happy? Sad? Anxious? Excited? Something else? Think about how you know you are feeling this way.

11.  
Sit quietly and try to rub your belly with one hand and pat your head with the other. Once you are able to do that, switch hands.

12.  
Make a promise that will help the planet. Could you help save water or electricity? Could you help to recycle waste in your house?

You could try some of these Yoga poses.

## SUN

Arms straight, raise them over your head as you inhale. Then exhale as you bring your arms back down.



## BUTTERFLY

Sit on the floor. Place the soles of your feet together. Rest your hands on the tops of your feet. Sit up straight.



## TREE

Place your heel on the side of your leg and place your palms together in front of your chest. Switch sides.



## STAR

With legs set apart, reach your arms out to your sides as wide as you can.



## DOG

(downward facing)

Begin on hands and knees. Slowly straighten legs and lift your hips to the sky. Let your head hang down and breathe.



## BOAT

Straighten legs in front of you. With a straight back, reach forward and roll back to balance on your rear.



## HALF MOON

Reach both arms over your head. Bend to one side. Then, bend to the other side. Note: Picture shows one arm extended over the head. Half moon uses both hands above your head with palms facing each other.



## BIRD

(airplane)

Arms out, lift your foot behind you (lift it as high as you can while staying balanced). Then switch to the other foot.



## KITE

Reach your arms out to your sides and raise one leg (keep it straight) off the ground. Can you balance? Switch legs.



## CHAIR



Bend your knees as if you are sitting in a chair. Put your arms out straight in front of you and look forward. Then raise your arms up so that they are touching your ears.



## WINDMILL

Stand with your legs more than shoulder length apart. Stretch your arms out to your sides. Bring your left hand to your right ankle. Switch sides.



## CHILD'S POSE

Start in a kneeling position. Sit on your feet, lean forward, and rest your body on your knees. Rest your arms and forehead in a relaxed position on the floor.

