

Let's get Physical



When you need a brain break, here are some ideas that you can access! Let's keep moving!

- Joe Wicks (The Body Coach) – 5 minute workouts for children (..and some parents).

Scan this code below using a QR Code reader app:

Or go to YouTube and type: 5 minute move the body coach



- Cosmic Kids Yoga – <https://www.youtube.com/user/CosmicKidsYoga>

Access on the web address or scan the QR code below.



- Make your own exercise routine / gym at home.... Ideas include Run up and down the stairs, hop on the spot, star jumps, chair dips, plank, step ups, Lifting bean cans, squats against the wall etc.
- Hula hooping – how long can you hula for?
- Put on your favourite music / song and make up your own dance routine.
- Go for a walk!
- Headstands: A great activity for your core muscles and to get blood going to the brain. Children are often naturals.
- Skipping rope: If you have downstairs neighbors who complain, go in the hall. Can you skip and count / chant a nursery rhyme?
- Obstacle course: Create a furniture course in your apartment / house or take chalk and make a course outside. Add in specific mental or physical challenges to keep them guessing.

