

Motivating Monday

Start your day with a Joe Wicks workout. (You tube)

Can you design an obstacle course for your family and see who can complete it in the fastest time?

Talking Tuesday

Start your day with Cosmic Kids Yoga. (You tube)

Set up a video call with your family or friends and play a game such as Charades .

Wellbeing Wednesday

Start you day with a Joe Wicks workout. (You tube)

Sleep is vital to our wellbeing and having a good bedtime routine is key to making sure that you get a good nights sleep. Can you work with your family to create a whole family bedtime routine?

Wellbeing

22/3/21

Thoughtful Thursday

Start your day with Cosmic Kids Yoga. (You tube)

Make an Easter card for a friend or someone in your extended family. You could send it to them through the post.

At this strange and difficult time it is more important than ever to look after your wellbeing. It is normal at this time to feel sad, lonely and scared. Covid-19 has impacted on our usual coping strategies and we may need to be more creative than ever. This sheet provides you and your family with some activities you can complete each day to look after your wellbeing!

Fitness Friday

Start you day with a Joe Wicks workout. (You tube)

Play follow the leader. Take turns being the leader and encourage your family to get active by hopping, skipping, crawling, and dancing.