

## Motivating Monday

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

Set up an obstacle course in your house or garden. Use the furniture in your house or get outside and use chalk to draw out a course.

## Thoughtful Thursday

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

Can you do something kind and thoughtful for somebody in your family? You could make them breakfast in bed, or help around the house by doing the dishes.

## Talking Tuesday

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

Play a game of guess who, place a famous persons name on your family's head and they need to guess who they are.

## Wellbeing

21/6/21

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!

## Wellbeing Wednesday

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

Eating healthy has been proven to help your wellbeing. Have a go at making a healthy snack with a grown up.

You could have a go at making a fruit salad.:

<https://www.bbcgoodfood.com/recipes/fruit-salad>

## Fitness Friday

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

Set up a fitness circuit for your family. You could include: star jumps, jogging on the spot and squats.