Move it Monday Activity Card

Dig out your old skipping rope and try some of these skipping rhymes to get moving!
If you don't have a skipping rope, you could use a dressing gown cord or a length of rope.

Jumping, jumping, all the time
Must not land on the jump rope line
We must always count to 10
Before we stop to rest again
1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Bumper car, bumper car, number 48
Went round the corner and pulled on the brakes
The brakes didn't work so it skidded down the hill
It landed in a duckpond and then stood still!

Dip, dip, do a skip
Dip, dip, do a skip
If you skip, do a dip
Dip, dip, do a skip

2 Little dickie birds sitting on a wall
1 Named Peter, 1 named Paul
Fly away Peter, fly away Paul
Come back Peter, come back Paul
Mix up some of your favourite workout moves with a roll of the dice! Roll 2 dice and add the numbers together then do the exercise for that number.

- 2: 5 Push-ups
- 3: 15 Sit-ups
- 4: 15 Squats
- 5: 5 Mountain Climbers
- 6: 10 Burpees
- 7: 25 Jumps
- 8: 10 Lunges (5 each side)
- 9: 25 Side Jumps
- 10: 20 Plank Shoulder Touches
- 11: 30 Jumping Jacks
- 12: 20 high Knees (10 each side)

Try to do this with 10 rolls of the dice, but you can do more if you wish.
Wellbeing Wednesday Activity Card

Have fun trying to recreate your favourite photo from when you were little! See if you can get others in your household to join in the fun!

Here are some examples to give you inspiration. If you can’t find a photo, try recreating a scene from your favourite film!
Explore the letters of the alphabet and/or practice your spelling with this target game!
You can make it easier or harder to suit your level. Try it in pairs or small groups.

Print out or write (as big as possible) a letter on each piece of paper. Put them in different places on the floor or stick them to the wall (if you are allowed).

One person calls out a letter and the other person(s) attempts to hit the letter with their rolled up socks. If they do they score 10 points! Take it in turns to call a letter.

You can make this activity harder by using smaller pieces of paper or moving the letters further away. You can also spell out a word and try to hit the correct letters!
Make shapes with your body when you try these fab yoga moves!
Try to stay in each shape long enough to take 5 deep breaths.

I am a rectangle (plank pose)
I am a star (resting pose)
I am a triangle (downward facing dog)
I am a square (table top pose)
I am a circle (child’s pose)