

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.

- Wheelbarrow, crab, and bear-walk races: Holding one of these tough positions gives you a real workout.
- Animal races: Hop like a bunny or frog; squat and waddle like a duck; and so on.
- Balloon ball: There are endless ways to play with balloons indoors. Try to keep it off the ground or just play catch. Mix it up with balloon tennis!
- Follow the leader: Add to the workout with energetic movements such as jumping, stomping, and squatting.
- Dance party: Turn on the music and shake your groove *thang*.
- Freeze dance: When the music stops, freeze in your pose and hold it until the music begins again.
- Scavenger hunt: Write up clues and hide them around the house/apartment. Children can race to find each clue for a small prize at the end.
- Jumping jacks: Simple but good for coordination and they get your heart going. When my children can't sleep, I have them do 25 to tire out.
- Parachute: This can be re-created at home with sheets. Each child takes an end of the parachute or sheet and fans it upward while one of you runs underneath.
- Bubble wrap attack: If you get bubble wrap in the mail, jump on it until it's all popped.
- Clean-up race: Set a timer or put on a song to see who can right the room the fastest.
- Carnival: Set up carnival games such as "Knock Down the Milk Cans" (we used Tupperware).
- Hallway bowling: Fill up water bottles and use any ball you have.
- Hopscotch: Use chalk or tape to make a game on your floor or outside your building.
- Pillow fight: No explanation needed.
- Sock skating: If you have hardwood floors, put on socks to skate around. Try spins or hockey stops, or see who can slide the farthest. Make sure to move the furniture and watch for splinters..
- Bubble bashing: Blow bubbles and let your child try to smash them.
- Pushover parents: Plant your feet and see if the kids can budge you. If you move your feet, they win. Stand on one foot to make it easier for little children.