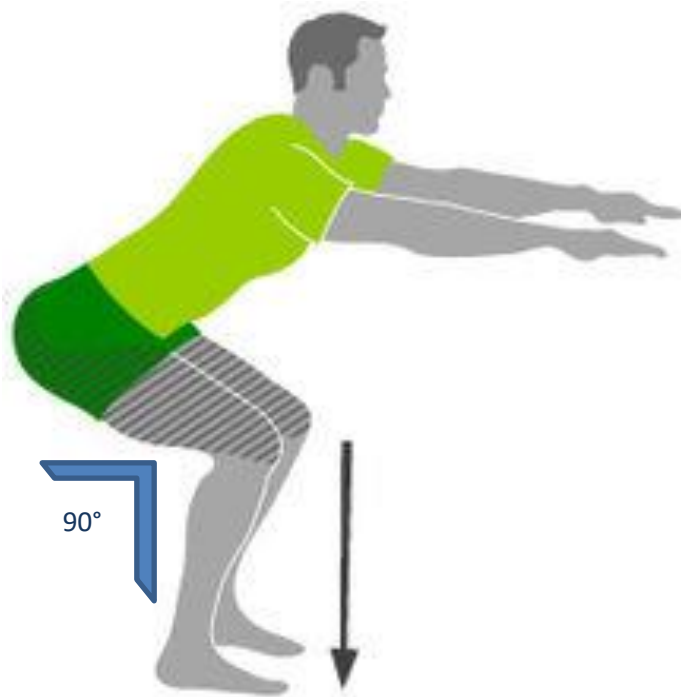


Standing Squats

- Stand with your feet hip width apart
- Bend your knees to 90°, hold, then stand up straight
- Keep your head up – look straight ahead
- Repeat as many times as you can until the times up
- Write down how many squats you did



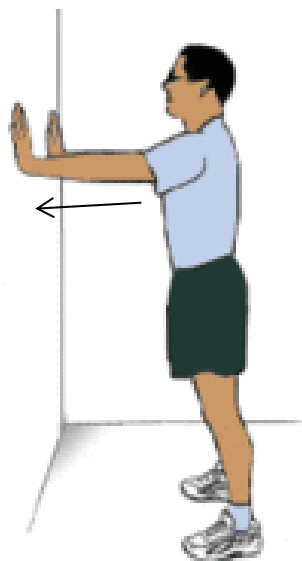
Jumping jacks

- Start standing up straight with your hands by your sides
- Jump your feet out to the sides at the same time as raising your hands up to the sides as far as you can
- Jump your feet back to the starting position and bring your arms back down by your side – you have just done 1 jumping jack!
- Do as many as you can and write down how many you did



Wall/Tree push ups

- Find a wall or tree to be your workout buddy!
- Put your hands on the wall/tree with your arms straight, feet facing straight ahead
- Bend your arms, lean in to the wall/tree
- Straighten your arms using your arm muscles to push your body back up to standing straight
- Do as many as you can until the time is up then write down how many you did
- You can experiment by moving your hands up or down and your feet forwards or backwards to see if it gets harder or easier



Frog Hops

- Squat down till your fingers are touching the ground in between your feet (just like the frog)
- In one quick movement push off the ground and jump up high, then return to the starting position
- Do as many jumps as you can before the time is up and write down how many you did



Balance on one leg

- Stand on one leg and try to balance for as long as you can
- If you lose balance swap legs
- Make a note of how many times you swapped legs so that if you do this activity again you can try to beat your score (the smaller the number the better)!
- Top tips: find a spot on the horizon to stare at while you balance or try holding on to one of your ears, this should help you stay steady.



Lunges

- Stand up straight with your feet hip width apart
- Take a big step forward with your right foot, keeping your left foot where it is, bend your right knee.
- SAFETY NOTE: Don't let your knee come forward of your ankle (this could hurt your knee or ankle)
- Push off your right foot using your leg muscles to bring you back to standing up straight.
- Repeat with your left leg.
- Do as many lunges as you can before the time is up and write down how many you did



Side Lunges

- Start standing up straight with your feet hip width apart
- Take a large step out to your right, land softly and bend your knee
- SAFETY NOTE: Don't let your knee come forward of your ankle (this could hurt your knee or ankle)
- Push off with your right foot and use your leg muscles to come back to the starting position
- Repeat with your left leg
- Do as many side lunges as you can before the time is up and write down how many you did



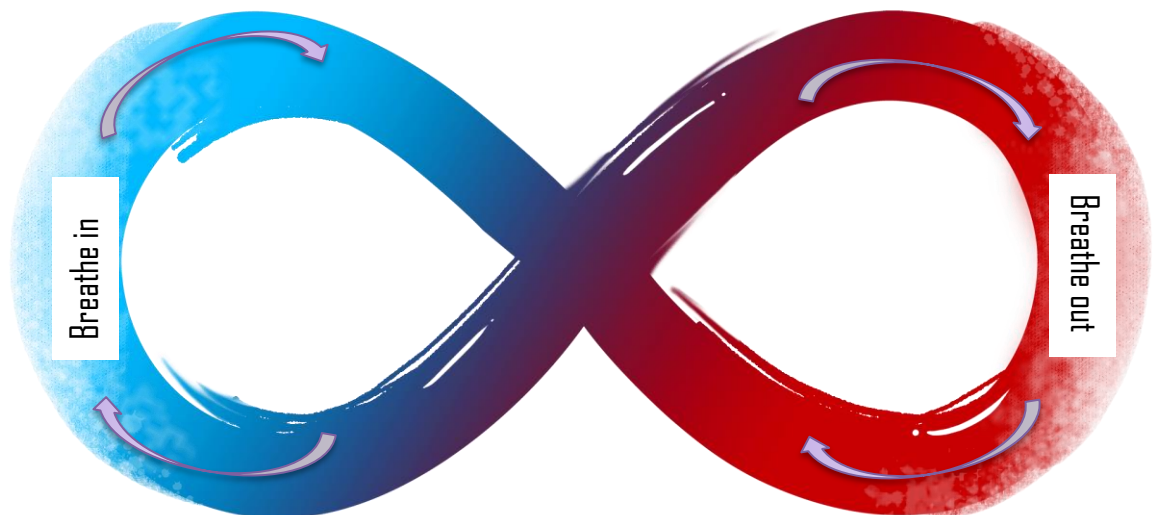
Arm Circles

- Stand up straight with your feet hip width apart, arms reaching straight out to the sides
- With both hands draw circles in the air, about the size of a dinner plate, arms going in a forwards motion. Count how many circles you draw
- If your arms get too tired to keep going, put your arms down to your side, give them a quick shake and start again, this time go backwards
- Keep going until time runs out and write down how many arm circles you did



Lazy 8 Breathing

- Get comfortable, sitting or standing and take a deep breath in
- Use your hand to slowly draw a big number 8 on its side
- While drawing one side of the 8, breathe in
- While drawing the other side of the 8, breathe out
- Completing the number 8 should take roughly 8 seconds so you are breathing nice and slowly, in for 4 seconds and out for 4 seconds
- Keep going until time runs out, you don't need to score this one!



Spot the 5 senses

- In this activity you are going to try to spot something that you can see, hear, taste, smell and feel while staying still
- Get comfortable, sitting or standing and take a deep breath in
- Take your time and really think about what you are sensing and why
- If you manage to spot one thing for each of the 5 senses before the time runs out, go back to the start and try to notice something *different* for each sense
- Keep going until time runs out, you don't have to score anything for this one
- This is a technique that's sometimes used in mindfulness meditation to help calm a busy mind

