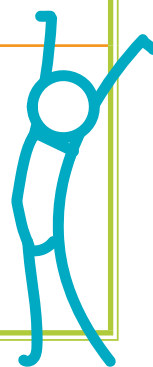


30 Active Mini Challenges



1 30 super-star jumps	2 Play your favourite song and dance all the way through it	3 Lie on the floor and stand up 10 times	4 100 claps: 25 above your head 25 arms straight in front 25 behind your back 25 between your legs	5 Put a plastic cup on the floor. Step back 5 paces. Can you throw a bottle lid (or similar sized object) into the cup?
6 30 hops on your left leg	7 Walk up and down your stairs 20 times. (If no stairs, march 200 steps on the spot.)	8 30 hops on your right leg	9 Create a line on the floor and jump over it, side-to-side 20 times	10 Throw a cuddly toy into the air higher than your head 20 times in a row without dropping it
11 Lie on the floor with your legs in the air and balance a balloon or a ball on your feet for as long as you can	12 Lie on your left side. Raise your straight right leg 20 times	13 Use 3 soft balls (or bundle 3 socks into balls). Can you throw them up and catch one or more before they reach the ground?	14 Lie on your right side. Raise your straight left leg 20 times	15 Lie on your back. Throw a ball or cuddly toy. Can you catch it with your feet?
16 Kick each leg straight in front of you 20 times	17 Kick each leg out to both sides 20 times	18 Sing 'Heads, shoulders, knees and toes' all the way through 5 times with all the actions	19 Be a boxer – 50 jab punches straight ahead	20 Lie on the floor with your legs in the air and 'ride a bike' for 5 minutes
21 Punch your arms up into the air 50 times	22 Stand on your left leg and make 20 circles in the air with your right ankle	23 Stand on your right leg and make 20 circles in the air with your left ankle	24 Play a song and skip on the spot or around the room until it ends	25 Walk like a crab for 5 minutes
26 Be a frog! Crouch down, then spring into the air 10 times	27 Roll a marble, a bead, or a very small ball from one side of the room to the other using only your nose	28 Walk like a jelly whilst reciting 'Jelly on a plate, Jelly on a plate, Wobble wobble, wobble wobble, Jelly on a plate.'	29 Balance a toilet roll on your head. Can you sit down on the floor and stand up again without dropping it?	30 Jog on the spot for 5 minutes



Why not...

- Work through one challenge each day and colour in the squares as you go.
- Choose 5 challenges for the day and tick them when complete.
- Cut all the challenges out, put them in a hat and pull out a different challenge whenever you like.
- Close your eyes, put your finger on the page and do whichever challenge you land on!



HAPPY

Activity

Let's talk about feeling happy...

1. When did you last feel happy?
2. What different things make you feel happy?
3. When you are happy, what do you notice about your body? Think about what happens from your head to your toes.
4. What is your happiest memory?

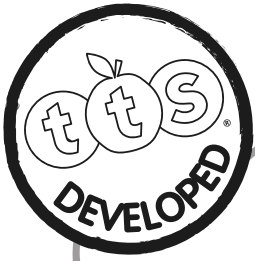


WORRIED

Activity

Let's talk about feeling worried...

1. When did you last feel worried?
2. When you are worried, what do you notice about your body? Think about what happens from your head to your toes.
3. What different things can help you when you are feeling worried?

A large, faint rainbow arches across the top of the page, with several fluffy clouds positioned below it.

Always

A series of short, parallel lines radiate outwards from behind the word 'believe', giving it a glowing or shining effect.

believe

A large arrow points from the word 'you' down to the word 'can'. A small star is placed at the end of the arrow. Another larger star is located at the bottom left of the page.

you
can!