Health and Wellbeing Ideas May 4th

How about trying these traditional games, look online if you need to find out how to play or ask your parents or grandparents. Fun for the family.

Tag ,shadow tag or freeze tag

Dutch ropes jump ropes

Parachute use a sheet if needed

Four square

Hopscotch

Chinese jump rope

Jacks

Marbles could use little balls instead

Red light, green light

Mother,may I

Simon says

Blind man’s bluff

Spud

Button Button, who’s got the button?

Cat’s cradle

Hand clap games

Telephone

Now for more up to date games/activities-

Greenspace NHS Lanarkshire have resources about minibeasts and wildlife around them. Go to “ways to stay connected at home” for a full list of activities.

Have you went on to Youtube to find your favourite football tennis etc stars? Lots of them have been putting on training ideas that you can do. Steven Gerrard has been doing a challenge of alternative hits with either foot against a wall.

If you have a computer whizz at home use your computer to put a compilation of videos together and send it to your Microsoft team. We took a video of Grant for his football team and the manager put all the boys together in a short clip, looks fab!

Looking forward to hearing and seeing all the things you have done! Mrs McArthur