



5 Ways to Wellbeing Challenge

This week's challenge is focused on.... **Be Active**

Be active is all about moving and doing exercise. Science tells us that moving our body keeps our mind healthy too! You can move your body and stay active in a lot of ways at home!



Do 1 or more of the suggested activities:

- 1) **Dance**- listen to your favourite songs and dance for 20mins.
- 2) **Exercise**- play Joe Wicks on YouTube and follow one of the 5- or 8- minute workout videos!
<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k>
Can you do 1 video a day?
<https://www.youtube.com/user/thebodycoach1/search?query=Active+8+minute+workout>
- 3) **Yoga**- yoga is a great way to move your body, strengthen your muscles and relax at the same time! Follow one of the Cosmic Yoga videos –
<https://www.youtube.com/user/CosmicKidsYoga/featured>
- 4) **Garden/outdoor space** – Do you have a garden or safe space outside of your home? If yes, then use it to play there and get some fresh air. You can play hopscotch or any game you like.

Don't forget to update your tracker sheet and share with your teacher how you stayed active!

