

Week 1 Health and Well-being Activity Grid

Moving your body

Try and complete these activities over the next three days. Feel free to record yourself doing an activity and upload to your Seesaw Journal.

Complete a Yoga session from Cosmic Kids
<https://www.youtube.com/user/CosmicKidsYoga>

Complete this workout from the Body Coach TV
<https://youtube/uqLVxJe4L2I>

Complete 15 burpees and 5 push-ups.

Can you complete it twice?

Choose one of these workouts to complete.
<https://www.youtube.com/playlist?list=PLYCLOPd4YxBvPHOpzoEk5onAEbq40g2-k>

Choose your favourite song and create a dance for it. Perform it for a family member.

Complete 100 star jumps and run around your backyard 3 times.

- Complete:
- 10 squats
 - 25 star jumps
 - 5 burpees
 - 10 sit-ups

What does the fox say? Have a boogie to this 'Just Dance' and find out.
https://www.youtube.com/watch?v=drWHI-I_Gew

Find a ball and throw it against the wall 50 times. Try and avoid letting it hit the ground.



Challenge:
 Do you have a skipping rope?
 How many skips can you get without stopping?



Mindfulness and relaxation

We exercise our bodies all the time but it is just as important to exercise our brains too! Each day, choose an activity below to help stretch and relax your growing brains.

Sense Countdown:

1. Sit or stand straight and still. Close your eyes or look down.
2. Take three deep breathers in and out.
3. Open your eyes.

Notice **five** things you can see
 Notice **four** things you can touch
 Notice **three** things you can hear
 Notice **two** things you can smell
 Notice **one** thing you can taste.

Mindfully Podcast Meditation:

Click the link to listen to a Mindful Meditation
<https://www.abc.net.au/radio/programs/mindfully/a-kids-meditation/12069100>

Go on a 'Mindful Safari'

For this activity you will be going on a safari outside. Focus all of your senses to find as many birds, bugs, creepy-crawlies or any other animals. Try to look for anything that walks, crawls, swims or flies.
 What did you find?

Cosmic Relaxation:

Journey with Jamie on this Cosmic Kids Guided Relaxation about 'worries' and letting them go.
<https://www.youtube.com/watch?v=KISVHdcQH7o>

