



Week 2 Movement Mat



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

<p>Complete a Yoga session from Cosmic Kids https://www.youtube.com/user/CosmicKidsYoga</p>	<p>Sit and stand without using your hands 15 times.</p>	<p>Complete this 3 times:</p> <ul style="list-style-type: none"> • 10 burpees • 10 squats • 10 sit-ups • 10 star jumps 	<p>Basketball: Get 3 different objects and spread them out in a line. Dribble (bounce) the basketball while running in and out of the cones.</p>	<p>Quickly touch 20 different things in 4 different rooms or areas of the house and backyard. Don't break anything!</p>
<p>Nature spotting: Run around your backyard or go for a walk with an adult. How many insects can you spot?</p>	<p>Choose your favourite song and create a dance for it. Record it and post it on Seesaw.</p>	<p>200 star jumps</p>	<p>Ride your bike for 20 minutes.</p>	<p>Active 8 minute workout with Body Coach TV https://youtube.com/BodyCoachTV</p>
<p>Complete:</p> <ul style="list-style-type: none"> • 10 squats • 25 star jumps • 5 burpees • 10 sit-ups 	<p>Let's boogie: Complete this just dance https://www.youtube.com/watch?v=KhfkYzUwYfk</p>	<p>Use a ball and throw it high in the air. How many claps can you do before catching it again?</p>	<p>Want to dance, run and jump? Complete this 22minute workout. https://www.youtube.com/watch?v=GHCqRsrQwNU</p>	<p>Do 30 bottom kicks then army crawl across the backyard or the lounge room floor.</p>
<p>Yoga with Monkey: Breathing and stretching https://youtube.com/cyvuagL_2avY</p>	<p>Blow up a balloon and try to keep it in the air for as long as possible. Best to do outside if you can.</p>	<p>Want to get your sweat on? Complete this workout and ask an adult to join in. https://www.youtube.com/watch?v=L_A_HjH7zxfI</p>	<p>Set up an obstacle course in your yard.</p>	<p>Karate kick the air 30 times then do 5 push ups.</p>

Workout Wednesday

Week 2 Challenge

For this weeks challenge, you will need a deck of cards.

Pick up a card from the deck and do the exercise to match. The number on the card is how many you will do.

- Hearts – star jumps
- Diamonds – sit ups
- Spades – burpees
- Clubs – air punches

Send a video of you completing part of this.

Week 2 Mindful Moments

Mindfulness, relaxation and mental wellbeing



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.

Karaoke Dance Party

Did you know that dancing and singing boosts confidence and creativity. You don't need a special reason to dance or sing, you can do it any day and every day.

- Find the growth mindset playlist
<https://www.youtube.com/playlist?list=PL7RRUwbQ3jmlE2Mh8nHCMMe2CFmyjevT2>
- Find the song lyrics to sing along
- Crank up the music and have fun!

Heartbeat Exercise

- Stand up and jump up and down or do jumping jacks for one minute
- At the end of that minute, place your hand on your heart and pay attention to how their heartbeat and how their breathing feels.

“Just one breath” Breathing Activity

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breath deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.

Tense and Release Muscle Relaxation

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.

Create a glitter jar

- Find a jar or plastic bottle (ask an adult first) and decorate it however you like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food colouring, and glitter then shake.
 - Seal the lid and you are ready to go.
- Shake the bottle and watch quietly, breathing in and out as you watch the glitter settle.

Take Time with Animals

- Lie flat on your back with your hands by your side.
 - Take three slow and deep breaths in and out.
- Listen and watch the animals <https://youtube.com/5HrkXT5Bc9E>
 - Think about how the music makes you feel.
- Take note of the animals you see and what they are doing?
 - What animals can you hear?