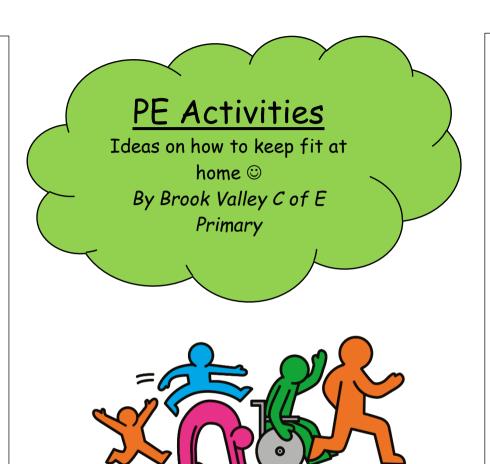
## No equipment needed ...

- Skipping contest (even if you don't have a skipping rope. Challenge your family to an invisible skipping contest! Who can last the longest?).
- Musical statues (ask your family to join in a game of musical statues, the winner can be the judge next time around).
- Dance routines (choose your favourite song and create a dance routine to show your family).
- Nature walks (if possible, go out for a long nature walk. See what you can see, hear and feel).



## Online resources ...

Type the names in bold into the Youtube search bar for a variety of activities.

- Joe Wicks HIIT for kids
  (high intensity interval
  training for children. Great
  ways to burn energy in a
  short 10 minute session).
- Just Dance for Kids
   (dance videos for children to join along with).
- Cosmic Kids Yoga (yoga session videos for children to follow).
- Moovlee
   (calming/meditiation
   stretching for children.
   Follow along to the 'calming
   monkey' on the screen and
   enjoy!).

The NHS advises that children and young people aged 5 to 18 should aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week.

Physical activity is also proven to make us feel happier, so get your family involved too!