

Four step sequence of activities to work on at home

1. Warm up

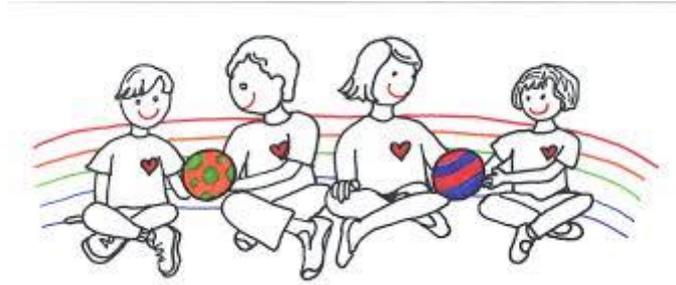
2. Move

3. Play

4. Breathe

# 1. Warm up

- Ball games – Pass the ball, each time it is someone's turn talk about different topics – favourite colour, animal, game, toy



- Stand up game – get child to sit down and only stand up if you have – blue eyes, brown hair, you like to play football
- Shake your sillies out – this song can be found on YouTube



- Point to game – Sit facing each other, shout out different part of the body for the child to point to on themselves, change the game by getting the child to point to the parts of the body on the other person- try it with your eyes closed!

## 2. Move

- Simon says – See Simon says sheet



- Musical statues/ freeze game – Videos can be found on YouTube so you can play the game along with your child



- Stop/go – get the child to move about and when you shout stop they have to freeze. They can also play this game with cars as an alternative- take it in turns to be the teacher!



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- I-spy – Play I spy using colours, descriptions of items or sounds – get the child to go to the item as well e.g. get them to hop, skip or jump to the item you have described



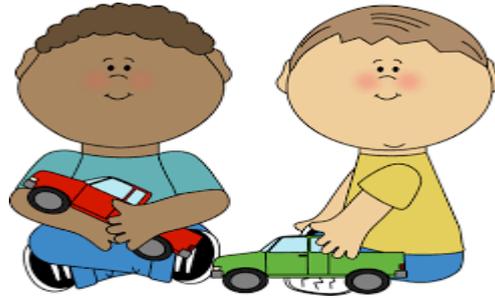
### 3. Play

❖ Get creative

❖ Let your child take the lead

❖ Try not to ask too many questions

- Imagination activities e.g. we are going on an airplane/boat/fire engine and act out your trip



- Emotions pairs – see pack for game
- Complete other activities enclosed in the general pack
- Play outside



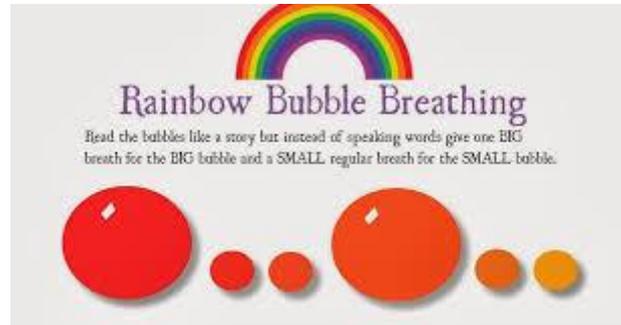
- Go for a listening walk. Ask the child what they can hear or see
- Read a story or act out a story- talk about how the people in the story feel



## 4. Breathe

See breathing activities attached for ideas

- Bubble breathing – use bubble breathing sheet to show you child what to do



- Chocolate cake breathing – use chocolate cake breathing worksheet to show your child what to do



- Breathing cards - see breathing cards attached to the pack for more breathing ideas and activities

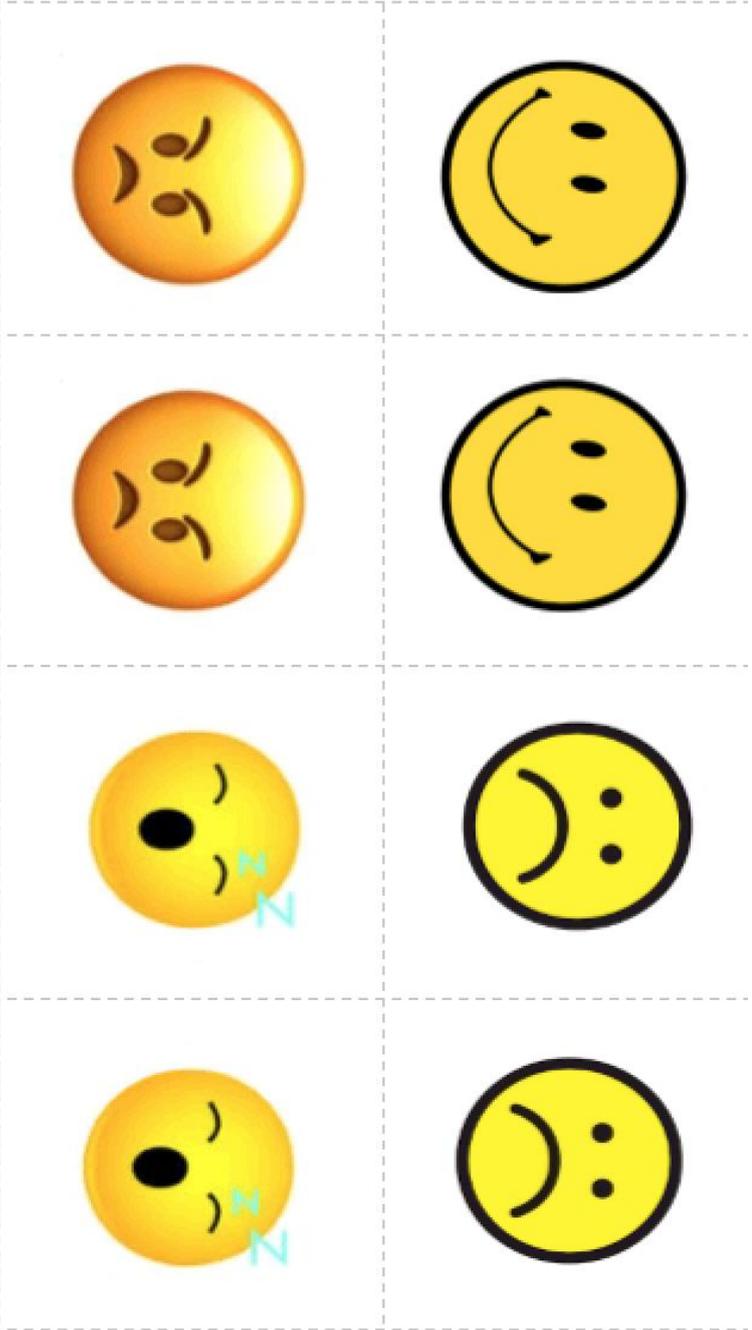
# SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

- |   |   |   |
|---|---|---|
| Shake your whole body.  | Hold your arms out at your side and make circles with them in the air.                      | Reach behind you and try and hold your left foot with your right hand without falling over. |
| Jump up and down.   |   |   |
| Spin around in circles.   | Hop on your left foot 10 times.   | Lay on the floor and stretch out as far you can for 10 a count of 10.                       |
| Do a cartwheel.   | Hop on your right foot 10 times.  |   |
| Do a somersault.  |   | Pretend to shoot a basketball 10 times.   |
| Wave your arms above your head.   | Hop around like a bunny.  | Pretend to jump rope for a count of 10.   |
| Walk like a bear on all 4s.   | Balance on your left foot for a count of 10.  | Pretend to ride a horse.  |
| Walk like a crab.   | Balance on your right foot for a count of 10.   | Pretend to milk a cow.  |
| Hop like a frog.  | Bend down and touch your toes 10 times.   | Take 5 of the biggest steps forward that you can.   |
| Walk on your knees.   | Reach behind you and try and hold your right foot with your left hand without falling over. | Pretend to lift a car.  |
| Lay on your back & pedal your legs in the air like you are on a bike.               | Show off the muscles in your arms.  | Do the strangest dance you can think of.  |
| Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc. |   | Scream.   |



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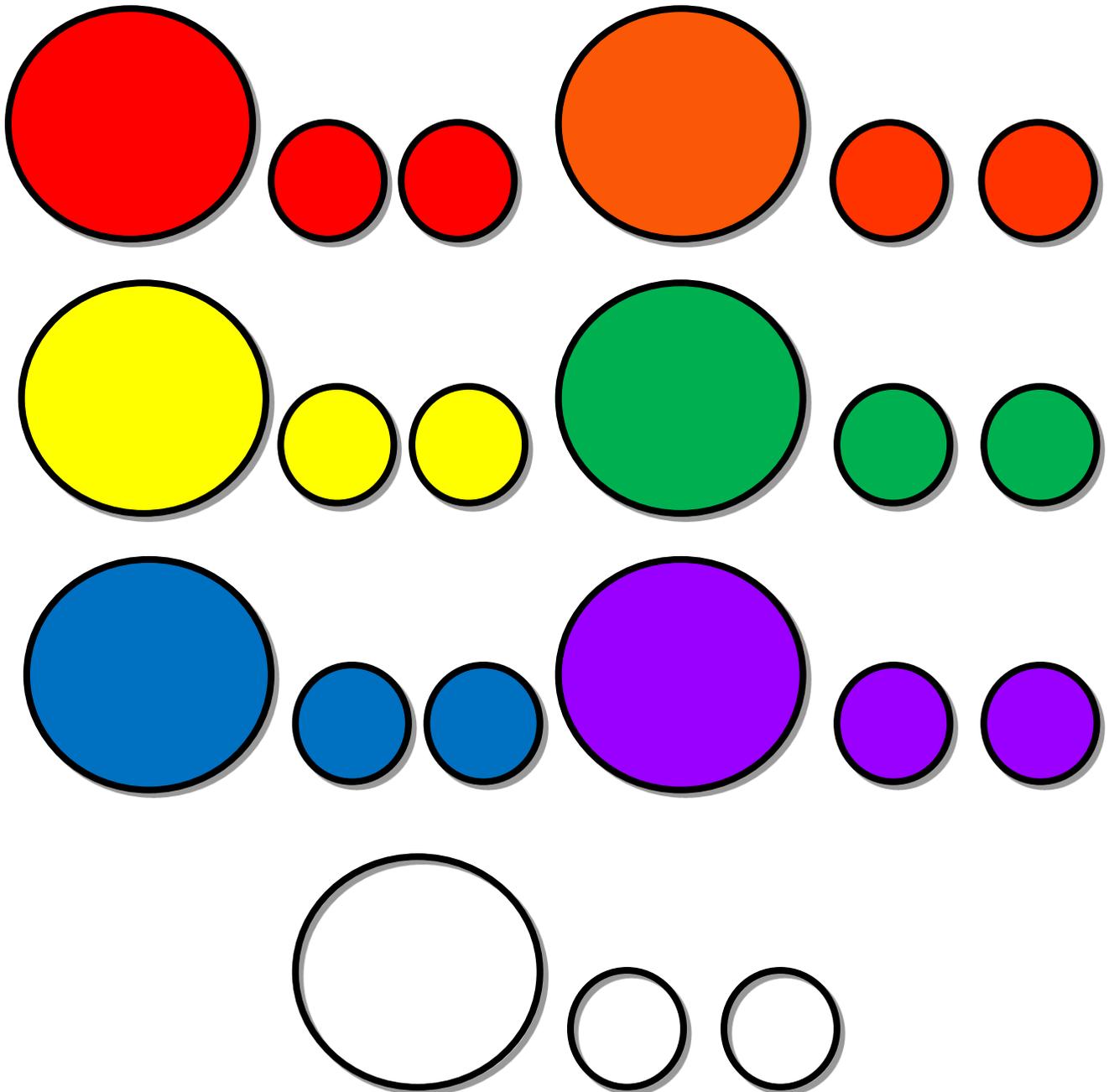
**Emotions Pairs**

Get your child to put out the emoji's then use the cut outs to play pairs



## Rainbow Bubble Breathing

Read the bubbles like a story but instead of speaking words give one BIG breath for the BIG bubbles and a SMALL regular breath for the SMALL bubbles.



### Chocolate cake breathing (calming activity using visualisation)

- 'Close your eyes and imagine a chocolate cake...'
- 'I want you to take a big deep breath in and smell the yummy chocolate cake...'
- 'Hold your breath and imagine counting the candles on the chocolate cake...I can see five...'
- 'Now slowly and quietly blow the candles out...remember to keep your eyes closed...'
- 'Let's try it again... but this time I want to see who can be the quietest...'

Repeat approx three times.





### Teddy breathing

Lie down and put a teddy on your tummy. Watch it rise and fall as you breathe in and out. Try to make the teddy move more slowly.



### Bird Breathing

Imagine you are a bird flying. With each in breath slowly raise your arms and with each out breath lower them like they are wings. Practise this slowly with your eyes closed.