



If you're not going outside as much it is still important to keep active. Why not try one of "Andy's wild workouts." They are all on Cbeebies iplayer.

As a bonus you get to find out about different places and animals around the world!



Create some hug tokens and give them to the people in your house so they can come and get a hug from you whenever they want.

Do some dancing to happy music, whenever you feel a bit sad.

Pizza Massage is great if you need to de stress. We use it in class and the children love it.

- Knead the dough (knead the shoulders)
- Roll out the dough (Make a fist and draw lines across the back using knuckles)
- Spread on tomato sauce (circles on back using flat palms)
- Sprinkle on cheese (tickle the back)
- Put in the oven (rub your hands together and place them flat on back, hold them for as long as you like)

Search go noodle on you tube and do some dancing.

- Our favourites in Nursery are
- Milkshake
- Dinosaur Stomp
- Cat Party

Practise five finger breathing

5 Finger Breathing



1. Stretch one hand out so that you have space between your fingers.

2. Hold up your pointer finger from the other hand.

3. Start at the bottom of your thumb. Use your pointer finger to trace up your thumb as you slowly breathe in through your mouth.

4. When you get to the top of your thumb, slowly breathe out your nose as you trace down the other side.

5. Repeat for all fingers until you have traced your whole hand.

Do some yoga – look up cosmic kids yoga or use these to help



Get a tummy buddy

1. To practice belly-breathing, ask your child to lie comfortably and place his hands on his belly (if he uses a stuffed animal, he can hold it on top of his belly if he lies down).
2. As you count to three, ask him to inhale deeply through his nose. Tell him to fill his belly with air as he inhales; he should feel it get bigger and bigger and bigger throughout the count to three. If his stuffed toy sits atop his belly, he might see it rise as his belly "fills with air".
3. Ask him to exhale to a slow count to four. Tell him he might see his toy fall as he feels his belly shrinking and shrinking throughout the count to four.

Do five to ten rounds of belly-breathing to get started.

When ready, ask your child how it felt.

Is there a difference in how he feels now?

What did he notice about the stuffed animal as he inhaled and exhaled?

How did it feel when he released the breath?

Repeat the process as many times as he likes.