P4-7 HWB Grid

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| Daily 10 – 10 minutes Just Dance videosDate:How did you feel after?  | Body Coach Schools (on Youtube)Date:How did you feel after?  | Daily 10 – 10 minutes outdoor activity e.g. skipping, ‘keepie-uppies’ (where appropriate)Date:How did you feel after?  |
| Guided Yoga (Cosmic Kids or Youtube) Date:How did you feel after?  | Daily 10 – 10 minutes running/walking (where appropriate)Date:How did you feel after?  | Fitness 5 a Day – in French Available on YoutubeDate:How did you feel after?  |
| Fitness 5 a Day – in SpanishAvailable on YoutubeDate:How did you feel after?  | Create your own circuit for you and other family members. Date:How did you feel after?  | Daily 10 – 10 minutes Body Coach Kids Videos (2 videos)Date:How did you feel after?  |