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| **Feet, seat and hands practice**  Sit on a stool or a chair. Learn how to move your attention to different parts of your body by creating sensations to focus your thoughts on.  1. **First, stamp your feet, for the time it takes to breathe in and out once**. Then pause and notice the sensation of your feet on the floor.  2. **Next, gently lean your upper body from side to side three times**. Then sit still. Can you feel where you are sitting on the chair?  3. **Finally, rub your hands together for the count of 10**. Then stop and place your hands on your lap. Focus on the feelings in your hands. Notice how you moved your attention throughout your body. | **Disco Dancing**  Put on some music and dance. Can you work on your moves?  Can you learn some new or rather old dances?   * YMCA * Macarena * Moonwalk * Superman | **YouTube exercise**  Ask an adult to put on Cosmic Kids Yoga or The Body Coach exercises.  Think about how you feel once you have completed the different exercises.   * Do you feel relaxed or energised? * Is your face red? * Does your body feel sweaty? * Which exercise did you enjoy more? |
| **Quick Draw**  You will need paper and pencil or pens.  If you have a timer on your phone or an adults then set it for 20 seconds.   * Either look around you for inspiration or draw from your imagination. * Remember you only have 20 seconds to include as much detail as possible. * After the timer goes. Look at your masterpiece. * Give it a title and post your creations. | **Create your own exercise**  Create your own exercise routine. Try to think of the different ways you can move around and exercise moves you have learned. Teach your exercise routine to someone at home and think about how you feel after your routine.  Can you make the routine harder or easier? Can you complete the routine faster? | **Tense and Release**  **Muscle Relaxation**  1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.  2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Work your way up the body, squeeze the thigh muscles for 5 seconds then gently release.  3. Continue moving up the body for more relaxation |