

## Monday – Get up and go

If your struggling to get up in the morning and haven't got any energy.  
Try starting your day with a whole body warm up.

You will need a hula hoop and a ball.

- 10 seconds of spinning on the spot or hula hooping - Repeat 3 times
- X10 star jumps - Repeat 2 times
- X10 throw and catch a ball to yourself or a partner – repeat 3 times.
- X5 Log rolls with arms stretched out – repeat 3 times
- Pass the ball around your body parts (legs, tummy, arms and head) – repeat 3 times
- X10 press up on the floor with knees down – repeat 3 times
- 10 seconds hand press. Palm of hands together and press as hard as you can – repeat 3 times

If you find it easier to watch someone else the Joe Wicks does a great whole body warm up each morning

<https://youtu.be/l0k6XqfFEUo>

## Tuesday– Get creative

Take 30 minutes out of your day and try making something out of things you can find in your home.

An easy one to try is a toilet roll head.

You will need:

- Empty toilet roll
- Colouring pencils or pens
- Scissors

Method:

1. Colour the top of the toilet roll for the hair.
2. Using scissors cut strips down the top of the toilet roll.
3. Bend the strips outwards to make all different hair styles.
4. Draw a face and add any more detail.



## Wednesday – Messy Play

If you want to get your hands dirty then let's have a messy activity. Make sure your doing this in a bath, sink, box or covered table so your mess doesn't end up around the whole house.

### *Glitter bubbles*

You will need:

- A space to work in
- Baking soda
- Vinegar
- Glitter
- Empty Spray bottle

Instructions:

- Cover the tray in baking soda and some glitter
- Fill up half the empty spray bottle with vinegar
- Spray at the baking soda and watch as it acts and makes glittery bubbles.





## Thursday – fine motor skills

Try a new challenge today which requires your patience and skill.

### *Pasta threading*

You will need:

- Tubed Pasta (penne)
- A long piece of string or ribbon
- Paint/ pens (optional)

Instructions

- Paint or colour the pasta in three different colours
- Tie one end of the string or ribbon. You can bluetac the end if your struggling with the knot.
- Thread each tube of pasta along the string/ribbon ensuring you are changing colour each time making a pattern.



## Friday – Mindfulness moment

Find a quiet space for you to be able to sit or lay down comfortably. Put your headphones on and watch one of these relaxation videos. Let your mind drift and worries stop so you feel total calm for as long as you can.

Relaxation videos:

Aquarium - <https://www.youtube.com/watch?v=XVkADAwOXnU>

Sensory lights - <https://www.youtube.com/watch?v=xir91dOrO64>

Sensory kaleidoscope -  
<https://www.youtube.com/watch?v=gxxqdrpgZc>

If you are finding the videos too distracting try finding your favourite piece of music to sit and chill to. Don't do anything else but watch and listen.