Be Active

Remember, being active is good for our health and wellbeing. It can help us feel more positive. It is a great way to reduce anxious feelings as well. Try out different ways to be active and find out what you enjoy the best!

Dance!

- Make up a dance routine. It can be fun and silly or perhaps tell a story
- Put some music on and have fun dancing along

Everyday activities

- If you have a suitable space outside, play simple catching games with a family member.
- Try a scavenger hunt
- Skipping
- Walking

Be Creative

Make up a short daily exercise routine. You could think of a character, for example an astronaut, sea creature, fairy etc. and think about what actions they might do.

Gardening

If you have a garden, there might be some gardening jobs you can help with. Check with your parents/carers first.