

BE ACTIVE TOGETHER



Establishing roots for a healthy tomorrow

A collection of physical, health and wellbeing activities to support families to be active at home so all young people can achieve their Active 60 Minutes a day.

Edition 1 September 2021





What is the Be Active Together Programme?

The *Be Active Together* programme has been designed by Bexley School Games for parents to ensure all Primary aged young people achieve their Active 60 Minutes a day. In a recent survey children in Bexley said one of the main things that motivates them to get active is doing things with their family.

This booklet provides a range of activities that can be completed at home during evenings, weekends and holidays by the whole family. There are 3 strands which focus on:

Red – Move More Activities

Orange – Healthy Living Activities

Blue – Wellbeing Activities

The activities within this booklet encourage families to get active together to install a lifelong love of physical activity, healthy living and wellbeing.

Who is the Be Active Together programme for?

For Families: The booklet is designed to support your household to be active every day, help young people understand the importance of a healthy lifestyle and provide ideas to enable families to unwind and relax from the stresses of everyday life.

For Schools: To help deliver the Active 60 Minute agenda and engage parents in supporting young people to be active at home.

Where can the Be Active Together programme be done?

All activities within this booklet have been designed so they can be delivered safely at home, in the garden or in the local park.



Follow us on Twitter [@BexSchGames](https://twitter.com/BexSchGames)



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STEP

All activities provided can be adapted using the STEP principles to ensure they are accessible for all young people and offer progression.

When undertaking each activity consider changing the following principles to make the activity easier or harder:

SPACE How can I change where the activity is happening?	TASK How can I change what is happening?	EQUIPMENT How can I change what is being used?	PEOPLE How can I change who is involved?
Make it bigger or smaller. Make it wider or thinner. Change the shape of the space. Change the level so you're either closer to the ground or further away. Have your own area to work in.	Make it easier or harder. Increase or decrease the time you have to complete the task. Change the number of tasks you have to do. Get more or less points for completing the task.	Use a bigger or smaller piece of equipment. Make the equipment lighter or heavier. Use more or less equipment. Choose your own equipment.	Have more or less people in your team. Have someone to help you. Take on different roles. Compete against someone else.



MOVE MORE ACTIVITIES

Physical activities, games and personal challenges to help young people be physically active every day.

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 HONESTY	1	SCHOOL GAMES 20 Star Jumps	2	 SELF BELIEF
8	With a partner throw and catch a pair of rolled up socks 10 times		Run on the spot, keeping knees high for 20 seconds	3
7	Hop on each leg for 20 seconds	SCHOOL GAMES Run and touch every door in your home for 20 seconds	4	Balance a toy on your head for 20 seconds
 TEAMWORK	6		5	 DETERMINATION

Bexley School Games Family Fitness Fortune Teller

Instructions:

- Cut out and fold the fortune teller



- Ask a partner (someone you live with) to spell out one of School Games Values on the outside of the fortune teller, opening and closing the fortune teller with every letter.
- At the end of the count 4 numbers will be displayed. Ask your partner to choose one of those numbers. Count up to that number, opening and closing the fortune teller as you count.
- Four numbers will be displayed again – ask your partner to choose one number and open up their chosen number flap.
- Read out the task under the flap and ask your partner to complete the activity.
- Swap to give your partner a turn.

Follow us on Twitter for activity ideas



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Active Snakes and Ladders

You will need:

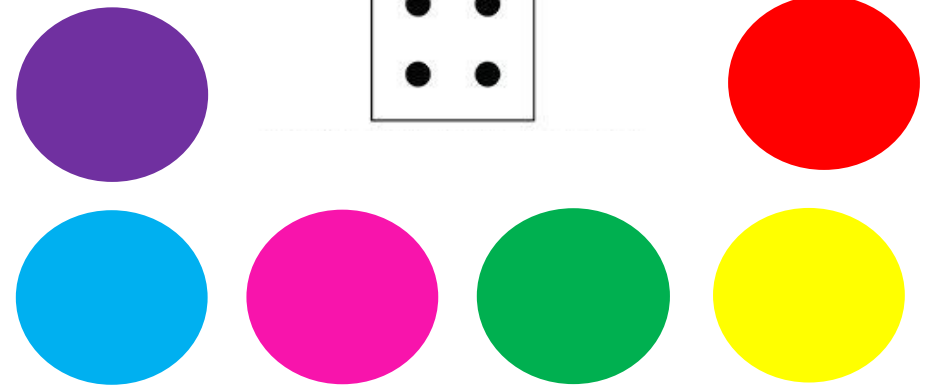
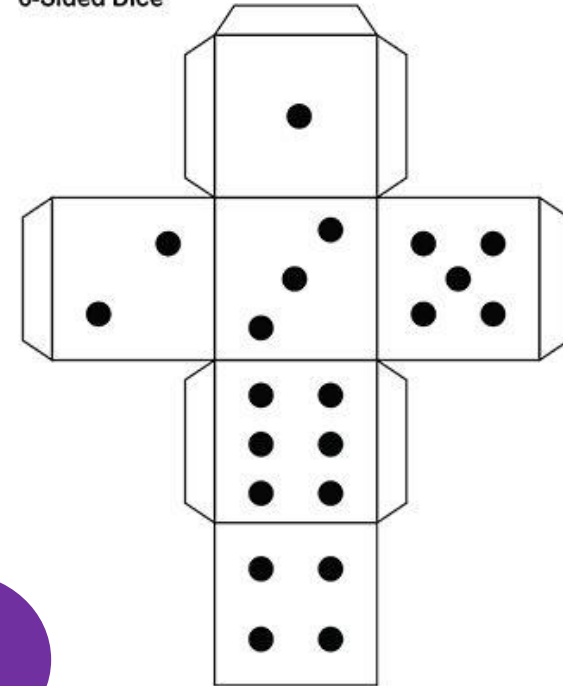
- The Snakes and Ladders Board Game
- A dice
- One counter per player

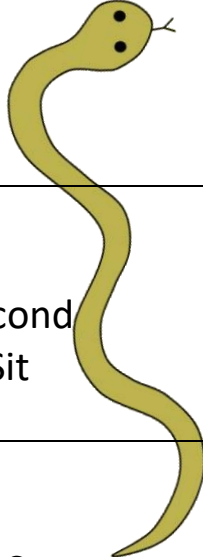
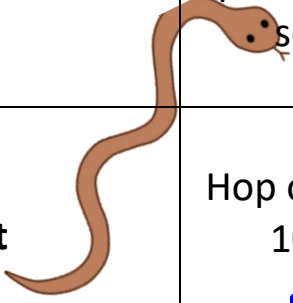
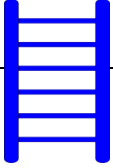
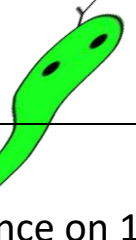
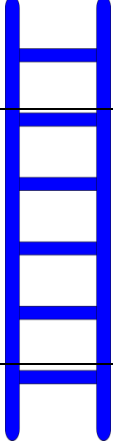

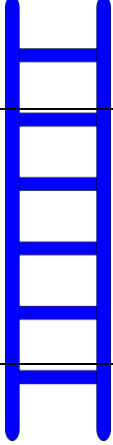
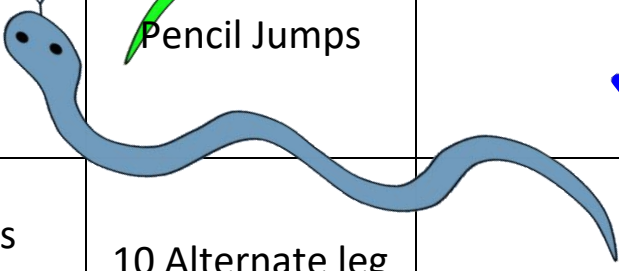
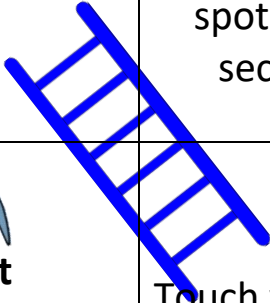
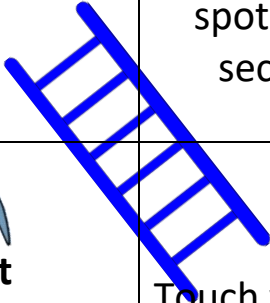


How to play:

1. Players take it in turn to roll the dice. The player with the highest number goes first. The person with the second highest number goes second and so on.
2. Each player rolls the dice in turn and moves the number of spaces shown by the number on the dice.
3. If a player lands on a snakes head, the players counter slides down to the square at the snake's tail.
4. If a player lands on the bottom of a ladder, the players counter climbs up to the square at the top of the ladder.
5. Each player must perform the physical activity on every square they land on. If you go down a snake or up a ladder you may have 2 activities to do!
6. The first player to the finish line is the winner.

6-Sided Dice



Drink some water 	10 Jumping Jacks	Hop on left leg 10 times	Hold the Plank position for 10 seconds	Kick your bottom with your heels 10 times	Finish
15 second Wall Sit	10 Leg Lunges	Rest 	Hop on right leg 10 times 	Circle a ball around your waist 20 times	5 Burpees 
8 Squats	5 Arm Dips 	Jump 2 Footed over a line for 20 seconds	Rest Drink some water	Rest 	Balance on 1 leg for 20 seconds
Run on the spot for 30 seconds	Rest 	20 Step Ups 	5 Pencil Jumps	5 Sit Ups 	March on the spot for 30 seconds
Start	5 Star Jumps	Circle arms forwards 10 times	10 Alternate leg kicks	Rest 	Touch your toes 5 times

MOVE MORE ACTIVITIES

Physical activities, games and personal challenges to help young people be physically active every day.

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Stay Active Staycation Survival Kit from



YOUTH SPORT TRUST

#Together

SKIP TO IT

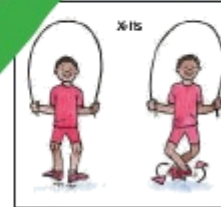
Skipping is one of the easiest ways to get fit and stay fit while having lots of fun at the same time.

You'll need: a short rope and plenty of space.



Short rope

Jump with both feet at the same time, placed slightly apart. This is ideal for beginners to master before moving onto more advanced steps. There are so many techniques you can learn, so why not use them combined in a series to create a routine? Work with a friend and try to copy each other. If you both have ropes, you could do it at the same time.



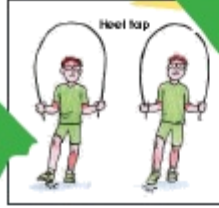
X-its



Twister



Two foot jump



Heel tap



Can-can

THINK INC

Some young people may need to work on jumping in rhythm before skipping so do this with clapping games.

Once you're skipping, think about how you can add some variation.

- Could you change direction?
- Try practicing different moves such as crossing your legs or twisting from the knee.
- Could you introduce a Can-Can and heel tap into your routine?
- Try replacing a move with a freestyle of your choice and encourage others to copy you.





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20 Ways to be Active with a Hula Hoop



1. Use it to hula hoop.
2. Have a Tic-Tac-Toe Relay with it
<https://youtu.be/IRDp5HcZyVA>
3. Hang it from a tree and use it as a target.
4. Throw it around something.
5. Use it to skip with.
6. Lay it on the ground and throw things into it.
7. Line 3–5 hula hoops in a row on the ground and jump, hop, skip, etc. from one to the next.
8. Throw it up in the air and catch it.
9. Roll it and try to chase and catch it.
10. Roll it and try to walk through it while it is still moving.
11. Roll it and try to race it.
12. Spin it around your arm.
13. Try to spin it around one ankle while you jump over it with the other foot.
14. Have children join hands in a circle with a hula hoop resting on the connected arms of one pair of children. While everyone holds hands, ask the children to move the hoop around the circle by stepping through the hoop and without letting go of hands.
15. Use hula hoops to create an obstacle course.
16. Play musical hula hoops (similar to musical chairs; avoiding elimination, play until hoops are filled).
17. String bells to it and play a game with children trying to pass through without ringing the bells.
18. Play limbo with a hula hoop.
19. Lay it on the ground and step in and out of it as quickly as you can for 60 seconds.
20. Be creative and invent your own game with the hula hoop.

Challenge members of your family to see who can complete the most of these activities.



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Capture the socks

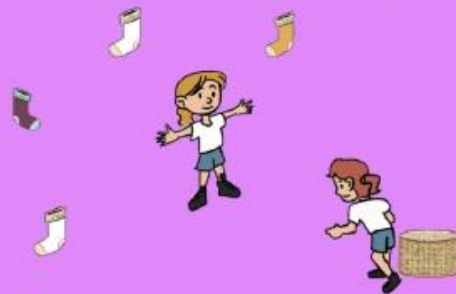


Get Set 4 P.E.

What you need: A basket, four pairs of rolled up socks and two players.

How to play:

- Place the socks randomly in the playing area.
- One player (the attacker) begins at the basket.
- The defender begins three big steps away.
- The attacker has six attempts to collect a pair of socks and place them into the basket.
- The defender can tag the attacker once they leave the basket and if caught the attacker must return to the basket and start again.



**How many socks
did you get in the basket?**

Pairs



Get Set 4 P.E.

What you need: a pack of cards, a marker and a timer.



How to play:

- Use half the pack. Make sure that there is a pair of each number in the cards you are using.
- Place the cards face down and begin at a marker 6m away.
- Run from your marker to the cards. Players are allowed to turn two cards over at a time.
- If they match the player can take them back to their start marker and go again.
- If the cards do not match the player must turn them back face down, run back to the start marker and go again.
- How quickly can you find the pairs?
- Repeat the game, can you beat your time?
- Make this harder by using the whole pack.

How quickly can you find the pairs?



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Shadow tag



Get Set 4 PE.

What you need: A sunny day, two plus players, two socks (optional)

How to play:

- First, find your shadow. Change direction and explore the effect it has on your shadow. Discuss with a family member how the angle of your shadow is effected by the location of the sun.
- Try chasing your own shadow.
- Select one player to begin as the tagger. They tag other players by stepping on their shadow. Once caught players change roles.
- Playing with just two players? First to three tags wins that round. First to win 5 rounds wins the game.
- Change the game by allowing players to throw socks at the shadow instead of stepping on them.

Can you catch a shadow?



Indoor golf



Get Set 4 PE.

What you need: Markers, these could be toilet rolls, tins, bottles etc. A ball or pair of rolled up socks per player, a frying pan, a pen and a piece of paper.

How to play:

- Create your golf course by placing two markers in each room of your home. Place the markers 0.25m apart to create a gate or 'hole'.
- Begin at the opposite end of the room. Using your frying pan, count how many attempts it takes for you to hit your ball through the hole.
- You cannot move the ball with your hands.
- Write down how many hits it took for you to get the ball through each hole and add up your total at the end.
- Playing with someone else? Who can complete the course with the least number of hits?
- Playing by yourself? Can you complete the course again and complete it with less hits?



How many hits will it take you?



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Spell it out



Get Set 4 P.E.

What you need: Post it notes a pen and a ball or pair of socks

How to play:

- Write a letter of the alphabet on each post it note and stick them to a wall.
- Begin 3m away and throw your ball to hit the letters and spell the following words....SUN, SPRING, FLOWER, RAINBOW
- Then have a go at making your own word.
- Have someone else with you? Can they guess your word?
- Playing against someone else? Who can spell the words in the quickest time?



Point your fingertips in the direction of your target after you have thrown.

Squash that balloon



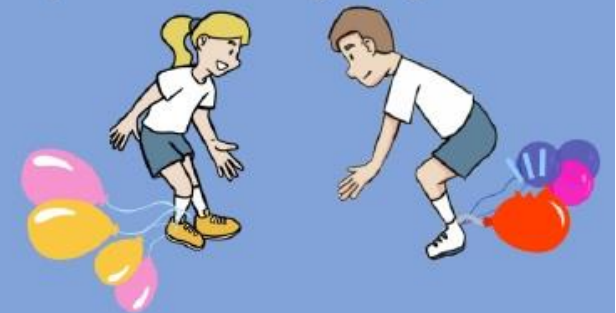
Get Set 4 P.E.

What you need: string, two players minimum and four balloons per player.

How to play:

- Players tie four balloons to their ankles using the string.
- The aim of the game is to burst your partners balloons before they squash yours.
- Top tip: move quickly to avoid being caught.

Keep on moving your feet .



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60 Second Challenge Fast Feet

Can you keep going even if you lose control of the ball?

The Physical Challenge

How many times can you dribble a ball around a marker and back in 60 seconds?

Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.

#StayHomeStayActive



Equipment

A ball and two markers

If you do not have a ball how many times can you run around the marker and back?

Achieve Gold 

24 dribbles around the marker and back.

Achieve Silver 

18 dribbles around the marker and back.

Achieve Bronze 

12 dribbles around the marker and back.






Believing in every child's future

Wall Ball 60 Second Challenge

Which skills do you think are needed to enable you to succeed?

How many times can you throw a ball against a wall and catch it in 60 seconds?

You must stand two steps away from the wall. If you drop the ball, carry on counting your score from where you left off.



Achieve Gold 

40 throw and catches

Achieve Silver 

30 throw and catches

Achieve Bronze 

20 throw and catches

You need a ball and a wall
If you do not have a ball, use a rolled up pair of socks.

Don't drop it!
Each time you drop the ball take five seconds off your time!

With a partner, throw and catch the ball against a wall. What medal will you and your partner achieve?






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Climb the Mountain 60 Second Challenge



How many mountain climbers can you complete in 60 seconds?



! Make sure you bring your knees up as you move, do not just flick your legs up and down.

! No equipment is required. Just make sure you use a clear, open and safe space.

! Challenge yourself! Perform a press up after each mountain climber.

! Compete against other family members. The first person to achieve gold is the winner.

Achieve Gold
50 mountain climbers



Achieve Silver
30 mountain climbers



Achieve Bronze
20 mountain climbers




Catch and Clap 60 Second Challenge



How many times can you throw a ball up, clap once and catch it in 60 seconds?



! The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

! Throw and catch a ball. If you do not have a ball, use a toilet roll or a rolled up pair of socks.

! Don't drop it! Each time you drop the ball take five seconds off your time!

! Play with a partner! Throw, clap and catch in pairs. Can you achieve a medal with your partner?

Achieve Gold
35 catch and claps



Achieve Silver
25 catch and claps



Achieve Bronze
15 catch and claps




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Hopscotch in a Hurry 60 Second Challenge



Can you complete the hopscotch grid without missing out any of the squares?

How many times can you complete the hopscotch grid and run back to the start in 60 seconds?



Each time you complete a hopscotch grid, run back to the start and you will score a point.



Mark out a hopscotch grid.
Using chalk, mark out a ten square hopscotch grid on the floor.

Can you complete the grid hopscotch backwards?
What medal will you achieve?

Compete against other family members.
The first person to achieve gold is the winner.

Achieve Gold
20 completed hopscotch circuits

Achieve Silver
15 completed hopscotch circuits

Achieve Bronze
10 completed hopscotch circuits



Zig-Zag Relay 60 Second Challenge



Do you believe in yourself and keep trying even if you want to give up?

How many zig-zag circuits can you complete in 60 seconds?



Choose a place to start and layout five objects in a zig-zag shape. On the command, 'go' run and touch the five objects and then run back to the start. Each time you return to the start you score a point.



Use objects to mark out your zig-zag course!
Use teddies, toys or socks as markers.

Challenge yourself!
Place the objects further apart.

Stop the clock, it's a race!
Compete against other family members. The first person to achieve gold is the winner.

Achieve Gold
15 points

Achieve Silver
10 points

Achieve Bronze
5 points



HEALTHY LIVING ACTIVITIES

A range of activities to help young people understand the importance of leading a healthy lifestyle.

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Stick me on the fridge!

[Write your family's name here]

Family Snack Challenge

How to play:
Take our 7 day family snack challenge. Don't forget to tick the box each day when you complete the challenge!

Ask your parents to download the free Food Scanner app to see what's really inside your food and drink. Discover which ones are the healthiest!
Search 'Food Scanner'

Available on the App Store | GET IT ON Google Play



Start here:

Day 1 | Fruity snack

Try a new fruit for your snack today - how about a peach, pineapple chunks or a mandarin?

We did this

Day 2 | Adventurous veggies

Have a veggie snack such as carrot, pepper or cucumber sticks with a lower-fat dip.

We did this

Day 3 | Packaged snacks?

Try sticking to 2 a day max!

We did this

Day 4 | 5 A Day champions

Fruit and vegetables are a perfect snack - and count towards your 5 A Day. Try having all of yours today!

We did this

Day 5 | Drink smarter!

Ditch the sugary drinks for water, lower-fat milks, sugar-free or no-added sugar drinks. Try iced water with your favourite fruit.

We did this

Day 6 | Say no to 'reds'

Use the FREE Change4Life Food Scanner app to choose snacks with no 'reds'.

We did this

Day 7 | Create your own

Write here:

It's your turn to think of a healthy snack challenge! How about swapping your usual snack for a less sugary one? For more ideas, search Change4Life.

We did this



Search **Change4Life** for more healthier snacking ideas





HEALTHY LIVING ACTIVITIES

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Our Healthy Year challenges: Fantastic fruit

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit and healthy and have fun!

This month's challenge is Fantastic fruit. There are some ideas about how you can include more fruit in your family's diet below. All you need to do is choose the activities that you and your family will enjoy the most. See how many you can do!

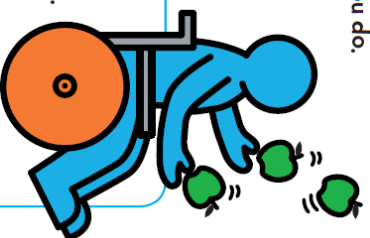
If you have an Our Healthy Year Passport then you can use it to record what you do.

Are you ready for the Fantastic fruit challenge?



Fantastic fruit

- Go to the supermarket together to see how many fruits you can name.
- Let your child choose their favourite fruits. You could make up some silly names for fruit too, such as Keith the Kiwi or Penny the Pineapple.
- Try an unusual or exotic fruit you haven't tried before!
- Go strawberry picking in the summer, or find blackberries in hedgerows during August and September – make sure you wash fruit before eating it.
- Talk about where different fruits come from and how they grow – you could use a map/globe to do this.
- Make a smoothie (no more than 150 ml to keep within healthy limits). You could also freeze the mixture in moulds to make healthy lollies.
- Cook a new or favourite recipe with fruit together – you could make simple fruit kebabs, or search [Change4Life](#) for ideas, such as Fruity French Toast.
- Check your family is having their 5 A DAY fruit and veg.





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Our Healthy Year challenges: Mad about veg

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit, healthy and have fun!

This month's challenge is Mad about veg. There are some ideas about how you can include more veg in your diet below. All you need to do is choose the activities that you and your family will enjoy the most. See how many you can do!

If you have an Our Healthy Year Passport then you can use it to record your activity.

Are you ready to be Mad about veg?



Mad about veg

- Go to the supermarket together to see how many vegetables you can name – let your child choose their favourite ones.
- Try a vegetable you haven't tried before!
- Try some raw veg as snacks and make some healthy dips to go with them such as a tomato salsa, red pepper hummus or yoghurt and chive (search for recipes online).
- Try picking three different-coloured vegetables to have on your plate such as orange carrots, green cucumber and red pepper.
- Talk about where different vegetables come from and how they grow.
- Cook a vegetarian meal or make vegetable soup together – search [Change4Life](#) for ideas!
- Plant some seeds such as lettuce (which can be grown in a window box).
- Check you have your 5 A DAY fruit and veg.



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HEALTHY HYDRATION

for children aged 5-11

Water
Is a good choice throughout the day because it hydrates without providing extra energy (calories/kilocalories) or harming teeth.

Milk
Is a useful source of nutrients, especially protein, B vitamins, iodine and calcium. Most children can have lower-fat milks such as skimmed, 1% or semi-skimmed. Unsweetened, calcium-fortified dairy alternatives can also be included. Milky drinks containing added sugars such as milkshakes, hot chocolate and malted drinks should be limited.

Fruit and vegetable juices and smoothies
Can provide some vitamins and minerals. However, they also contain sugars and can be acidic which is harmful to teeth so it's recommended to limit them to one small glass (150ml) a day and keep them to mealtimes. 150ml counts as a maximum 1 portion of your 5 A DAY. They can be diluted with water to reduce the acidity and sugars content.

Sugar-free drinks
Hydrate without adding extra sugars but it's a good idea for most drinks to be milk or water. Fizzy drinks may contain acids that can be harmful to teeth. Be aware that some of these drinks contain caffeine.

Tea and coffee
Caffeine is naturally present in tea and coffee. Small amounts are harmless but high intakes should be avoided, especially for young children. It's best for children to drink decaffeinated tea and coffee with reduced-fat milks and no added sugars.

Sugary drinks
Are best avoided as they provide sugars, but few other nutrients. Fizzy drinks may contain acids that can also be harmful to teeth and some soft drinks contain caffeine.

Sports and energy drinks
can be high in sugars and energy drinks may contain high levels of caffeine or other stimulants. These drinks are not suitable for young children.

Occasionally
Not suitable for children

Avoid

Have regularly

Occasionally

Can have once a day

Drink plenty

This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 5-11 years.

The amount of fluid a child needs depends on many factors but generally they should aim to drink about 6-8 glasses of fluid a day, using smaller glasses (150-200ml) for younger children. This is based on recommendations on fluid intakes for children from the European Food Safety Authority.

BRITISH Nutrition FOUNDATION

July 2018. Next review due July 2021. For more information on the sources used in this text please contact postbox@nutrition.org.uk @British Nutrition Foundation www.nutrition.org.uk

The Information Standard Certified Member





HEALTHY LIVING ACTIVITIES

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DRINK PLENTY with Disney's Frozen



PRIMARY

Match the fact with your favourite character

There are lots of reasons why drinking water is good for you. See if you can work out why Anna, Elsa, Olaf and Sven think so, too!

This princess built her very own ice castle – she even froze the water fountain! To keep her super powers strong, she sips water through the day.

This little guy is naturally hydrated with all that water. Make sure you drink water to stay hydrated, too.

This furry friend works hard pulling his sleigh for his best pal, Kristoff. So to keep hydrated, he drinks plenty!

She loves to build a snowman – in fact, she sang a song about it! But to look after her singing voice, she drinks 6-8 cups of water a day.



BONUS ACTIVITY:

Add some fruity ice cubes to your water. Simply pop berries into ice cube trays before you fill them with water and freeze.



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change 4 life

Tomato, mozzarella and basil bites

This recipe comes from Italy, home to three active volcanoes: Etna, Stromboli and Vesuvius.



Serves
4
as a snack

Allergens
• wheat
• milk

Preparation time
15-20 minutes

Suitable for
KS1 and above

Cooking time
5 minutes

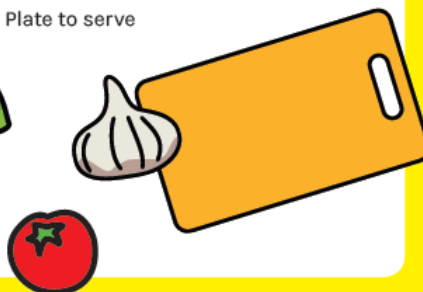


1. Ingredients

- 2 bread rolls
- 2 large cloves of garlic
- 2 medium tomatoes
- 1 pack of reduced-fat fresh mozzarella soft cheese
- 8 large basil leaves
- Pinch of black pepper

2. Equipment

- Knife
- Chopping board
- Plate to serve



3. Method

- 1 Cut each **bread roll** in half and then half again, to give eight pieces.
- 2 Toast or lightly grill each piece.
- 3 Remove the skin from the **garlic** and cut in half.
- 4 Rub the cut edge of the **garlic** onto the **toasted bread roll**.
- 5 Cut each of the **tomatoes** into four slices so you have eight slices all together.
- 6 Drain the **mozzarella** and cut into eight slices.
- 7 Wash and dry the **basil leaves**.
- 8 Place a slice of **tomato** on each piece of **bread roll**.
- 9 Add a slice of **mozzarella**, sprinkle with **black pepper**, and top with a **basil leaf**.

Nutrition information (per serving)

Energy	740 kJ / 176 kcal	Carbohydrate	21.5 g
Fat	4.9 g	(of which sugars)	2.9 g
(of which saturates)	2.5 g	Fibre	1.8 g
Salt	0.5 g	Protein	10.5 g



WELLBEING ACTIVITIES

A range of creative activities to support and develop emotional and mental wellbeing.

BE ACTIVE TOGETHER



Establishing roots for a healthy tomorrow

The 5 ways to Wellbeing are things you can do everyday to improve your mental health and wellbeing.

Trying these things could help you feel more positive and able to get the most out of life.



Be Active	Keep Learning	Give	Connect	Take Notice
<p>There are lots of ideas in this booklet to help you to be active every day. Regular physical activity doesn't just keep you fit but it can improve your mood and if done with others improves social interaction. You could:</p> <ul style="list-style-type: none"> • Go for a family walk. • Ride your bikes together. • Make up a family dance. 	<p>Learning enhances self-esteem and encourages social interaction and a more active life. Learn something new every day such as:</p> <ul style="list-style-type: none"> • Learn a new word. • Find out something new about a member of your household. • Try a new skill such as learning to play an instrument or learning to cook. 	<p>Individuals who report a greater interest in helping others are more likely to rate themselves as happy. Give an act of kindness today by:</p> <ul style="list-style-type: none"> • Paying someone a compliment • Make a member of your household a cup of tea. • Help around the house without being asked. 	<p>It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages. Do something different today and make a connection:</p> <ul style="list-style-type: none"> • Ask someone in your household how they are. • Arrange a day out with friends you haven't seen for a while. • Have lunch together as a family. 	<p>Take some time to enjoy the moment and the environment around you. Here are a few ideas:</p> <ul style="list-style-type: none"> • Take a mental note of the nature you see on your walk to school. • Have a clear the clutter day. • Stop and take note of how members of your household are feeling or acting.



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Random Acts of Kindness

How often can you show random acts of kindness during the week?

Tick off or colour in each smiley face once you have shown an act of kindness.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I paid someone a compliment							
I helped out at home							
I donated unwanted clothes/toys to charity							
I helped to cook a meal							
I held the door open for someone							
I contacted a member of my family to check they were ok							



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Art has often been used throughout the centuries as a means of meditation, relaxation and therapy. Colour in one of these Mandal's to support your wellbeing.



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Three-Stage Breathing Space

The purpose of this practice is to create a moment of space, so that you can take some simple steps to help you achieve a greater sense of clarity and calm in the present moment. There are three stages to the practice:

Stage 1 - Find a place where you can take a moment to yourself – either standing, sitting or lying down, choose a place where you will be as comfortable as possible, and just become still. Gently close your eyes. Start to become aware of your feet on the ground, or the support below you if you are lying or sitting down. And just allow your body to relax. Ask yourself the following questions: 'What is going on for me right now? What is going on in my mind and body? What thoughts can I notice? What feelings are here? Now turn your attention to what sensations are going on in the body. If you notice any tension or resistance towards painful or unpleasant sensations, gently turn towards them and accept them as best you can. In your own time, take your awareness from one part of your body to the next, exploring with a kindly curiosity and just noticing what is there, what you feel.

Stage 2 - Bringing the attention to your breath – just becoming aware of how it feels to be breathing. Following your natural breathing pattern inhaling and exhaling without trying to change it in any way. Just feeling the sensations of the breath as it enters and leaves your body. Being aware of the air as it enters on the in-breath, and how it feels leaving the body on the out-breath. Continuing to focus on the breath feeling the different sensations in the nose, mouth, chest, belly, back and sides of the body. Notice how it feels to just focus on your breath. And use the breath to anchor your awareness in the present moment.

Stage 3 - Gently expand your awareness now to include the whole body. Feel the breath breathing into the whole body. Imagine you are breathing in and out into the whole of the body you could imagine the air you breath in as a colour. Holding all the sensations in the body right now just as they are. Coming home to the body in this moment. Now broaden your awareness even further to become aware of sounds around you, notice what you can hear, maybe you can feel the air on your skin, and as you move into your senses you can gently open your eyes and move the body with care. Perhaps during this practice, you noticed something that had not previously been aware of. It is important to accept this as best you can with compassion. As you get ready to go about your day remember that you always carry with you the awareness that you've created.





To access these activities, click on the link below:

[Monkey Mind](#)

[Classroom Cross Country](#)

[Make Friends with a Creature](#)

[Bus Stop Meditation](#)

[Ranagram](#)

[Life in Balance](#)

[Buddy Run](#)

[Moon & Stars](#)

[Classroom Rockstars](#)

[Copy Cats](#)



Ten ways to B you!

Moving with Stormbreak



stormbreak



Breathe - Self-care

Recognising the importance of knowing how you are feeling and using breathing to calm and regulate yourself.

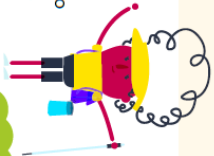
- ▶ Monkey Mind



Bounce - Resilience

Building stamina through raising heart rate, endorphin release and feel good hormones gives us bouncebackability to overcome obstacles and reach success.

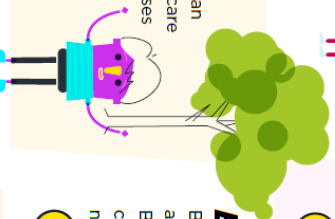
- ▶ Classroom Cross Country



Be with nature - Self-care

Being in nature calms and uplifts us. We can feel awe and wonder and it helps us take care of ourselves. Be mindful and use your senses to notice and connect, allowing serotonin release which is good for our wellbeing.

- ▶ Make Friends with a Creature



Be present - Self-worth

Knowing inside we matter and celebrating who we are and want to become. Be mindful, notice, release and allow time between emotion and reaction.

- ▶ Bus Stop Meditation



Brain boost - Hope & Optimism

Exercise changes the brain, it focuses the mind, enhances memory and improves thinking skills. It helps us to reach our potential, believe in ourselves and achieve our goals.

- ▶ Ranagram



Balance - Resilience

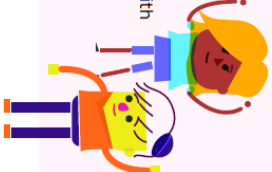
Using inner strength to keep your balance even when things are difficult. Being strong, focusing on mind and body to keep steady.

- ▶ Life in Balance

Buddy up - Relationships

Connection with others through movement releases oxytocin which makes our relationships stronger. We can communicate more easily with each other and feel that we belong.

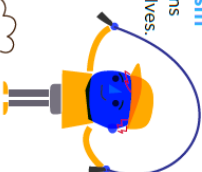
- ▶ Buddy Run



Be brave - Hope & Optimism

Be aware of our hopes and aspirations and the challenges we can set ourselves. Be brave in stepping outside your comfort zone, by trying something new and believe in yourself.

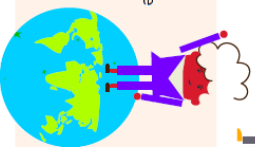
- ▶ Moon & Stars



Be you - Self-worth

Find your place in the world, be unique, it's ok to be different and to know you matter!

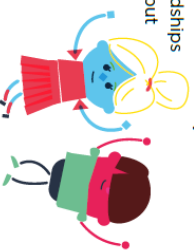
- ▶ Classroom Rockstars



Break it down! - Relationships

Keeping movement simple so we can all join in. In movement and friendships there are ups and downs but we can break it down and simplify things and know that we can reflect, reconnect and repair.

- ▶ Copy Cats



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Non-screen activities you can do at home

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.



Pobble

- 

1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

“Learning from home is fun”
- 

2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!
- 

3 Get building! You could build a Lego model, a tower of playing cards or something else!
- 

4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?
- 

5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?
- 

6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?
- 

7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!
- 

8 Use an old sock to create a puppet. Can you put on a puppet show for someone?
- 

9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?
- 

10 Design and make a homemade board game and play it with your family.
- 

11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?
- 

12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well-known story. If you can't find an item, you could draw a picture to include.
- 

13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.
- 

14 Design and make an obstacle course at home or in the garden. How fast can you complete it?
- 

15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.
- 

16 Keep moving! Make up a dance routine to your favourite song.
- 

17 Write a play script. Can you act it out to other people?
- 

18 Read out loud to someone. Remember to read with expression.
- 

19 Write a song or rap about your favourite subject.
- 

20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.
- 

21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.
- 

22 Draw a map of your local area and highlight interesting landmarks.
- 

23 Write a postcard to your teacher. Can you tell them what you like most about their class?
- 

24 Draw a view. Look out of your window and draw what you see.
- 

25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

Pobble.com – More writing. More progress.



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Health and Safety

We want to ensure everyone who takes part in these activities do so safely so please use your common sense when participating in an activity and follow these guidelines to ensure everyone is safe:

- Make sure there is enough space around you as well as overhead so you can safely carry out the activity outlined.
- If possible, do all ball games outside in a garden or park. If this is not possible, change the equipment you use so as not to cause damage indoors.
- Make sure the surface is even and dry underfoot.
- Make sure any equipment used is not too heavy or too large for children.
- Wear appropriate clothing and footwear for the activity.
- Tie back long hair.
- Remove any jewellery.
- Give children the chance to take a break during longer activities, to rest and drink water to stay hydrated.
- Do not work children to exhaustion.
- If you are working on a skill focus on technique rather than how many they can do.

If in doubt check government guidelines, advice issued by Association for PE (afPE) and recommendations with National Governing Bodies of sport.

Acknowledgements

We would like to thank the following organisations who have produced resources for families to engage with:



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Follow us on Twitter @BexSchGames

Produced by Bexley School Games Organiser

