



ACTIVE ANITA'S 14 DAY HOME ACTIVITY CHALLENGE- ROUND 2!

WEEK 2

MINDFUL MONDAY

Why not try a new activity today? Yoga or even some mindfulness. Check out some of the great online resources available!

<https://www.cosmickids.com/>

FREE Downloadable Resource <https://www.learnful.co.uk/7-days-of-family-mindfulness/>

TENSION TUESDAY

Balance: single leg balance, arabesque, wall sit and plank. Hold each balance for 30 seconds and repeat twice. Can you hold longer/ stretch further this time?

WELLBEING WEDNESDAY

Why not create a jar full of fun ideas/activities that you like to do? Think of those that hold happy memories. The next time you're feeling bored or a little low you can draw an activity out of your jar. Decorate your jar and add the ideas onto the slips of paper and pop them in!

TEST YOURSELF THURSDAY

Toilet roll shuttle, choose a times table while shooting into a net or target or why not draw a hopscotch on your paving/patio and as you hopscotch repeat a times table?

Can you think of any challenges to test yourself?

FUNKY FRIDAY

Why not try the 'Sport Jam' created by imoves <https://imoves.com/the-ovement>

Alternatively put on your favourite tune and dance around the house/garden! Why not make up your own routines? HAVE FUN!

STRONG SATURDAY

It's been a challenging time with lockdown and a big change to us all, but if we all stay positive with strong mindsets we will get through this. What makes you feel good about **YOU**?

Share your thoughts with a grown up and ask them. How are they feeling? Could you write a diary entry about the past few weeks to look back in weeks/months/years time to reflect on this time. Maybe create a time capsule?

STEP UP SUNDAY

Using a step in the house or make one in the garden (make sure its safe and secure). How many step ups can you do in 2 minutes, 5 minutes, Challenge your Family/sisters/brothers to the challenge. Have you a way of tracking how many Steps you complete in a day?

Why not share a photo and video of you taking part in the challenges and tag us on Twitter @leicesterssp HAVE FUN!

