



ACTIVE ANITA'S 14 DAY HOME ACTIVITY CHALLENGE- ROUND 3!

WEEK 2

MINDFULNESS MONDAY

Draw and colour in 5 things that make you happy, or 5 places you would really like to go with your family when we're allowed again! Stick these up around your house/flat to remind you that things will change, and you will be able to visit those places or do those things again soon!

TARGET TUESDAY

Cup and teabag challenge! place 6 cups/glasses on the side or a table and stand 6ft foot away (social distancing distance) see how many times you can get a teabag into a cup in 2 minutes. Now challenge the rest of the family and see who is the winner.

WAKE UP WEDNESDAY

Get as many members of your family as possible to join you doing : 1 minute of push ups 1 minute of star jumps 1 minute of dead bugs 1 minute of balancing on one leg 1 minute lunges (alternate legs) Take 30 seconds rest between each exercise. Do you think you can do them all a second time?

FAKEAWAY TAKEAWAY THURSDAY

Can you make yourself a stay at home healthy "takeaway meal" or at least help mum or dad? Portobello mushroom burgers, homemade burgers perhaps even veggie, yummy vegetable stir-fry, fish and carrot chips and mushy peas.

FUNDAY FRIDAY

Try and have a screen free Friday! It's a big challenge! Can you find as many ways as you can to have fun without your tablet or phone? Make an assault course in your living room or garden, build a den, play hide and seek anything that keeps you active without your screen!

SPEEDY SATURDAY

Today means being super speedy! Can you use a stopwatch to find out how fast you can be at.. getting dressed from head to toe, putting away all the toys on the floor/in the garden or putting your clean clothes away? Challenge somebody in your house to see who can do it the quickest!

SLOW DOWN SUNDAY

After a speedy Saturday, we might need some time to recover! Find somewhere comfortable to have a lie down and think about your breathing. Can you count to 5 whilst breathing in through your nose, and then again while breathing out through your mouth? Repeat this until you feel lovely and relaxed. Maybe you could shut your eyes and think about somewhere peaceful..

Disclaimer: Please ensure that you perform all activities in a safe space, removing objects that could become a trip hazard. It is important that all participants follow the correct guidance set out from the Government. Why not share a photo and video of you taking part in the challenges and tag us on Twitter @leicesterssp HAVE FUN!

