

Action songs

- March or lift your arms up and down to the 'Grand Old Duke of York'.
- Play 'Sleeping Bunnies' – bunnies can hop, jump, skip and dance.
- Sing Heads Shoulders Knees and Toes – how quickly can you do it?
- Dance to Baby Shark.
- Do the Gummy Bear dance.
- Search for action songs online – BBC Teach has a medley.

Positions

Explore different positions – sitting, standing, crouching, lying on tummy or back, high kneeling, crawling. Play Simon says. How many different positions can you think of?

Try completing a favourite activity whilst balancing in different positions – do a jigsaw while crouching, play with a bowl of water while high kneeling, standing on one leg to sing a song etc.

Massage

Use body lotion to gently massage hands and feet while listening to relaxing music.

Create a home foot spa with a bowl of bubbles and warm water.

Make it part of your hand washing routine – massage in the soap, make sure you get it all over your hands and then moisturise after.

MOVEMENT

Moving your body is vital for your health and wellbeing.

Balls, Balls, Balls!

Throwing, catching, rolling and kicking while standing, sitting or lying down.

Rolling balls under your feet while sitting.

Squeeze balls between knees while sitting or lying down.

Push big balls up and down a wall with strong arms.

Try to balance while sitting on a ball.

Ways of moving challenge!

Move your body to the other side of the room in as many different ways as possible e.g. rolling, crawling, high kneel walking, skipping, walking backwards. Use obstacles to make it trickier e.g. pillows, chairs, plastic boxes, blankets, toys to carry. Can you plan how you are going to reach your target and explain how you did it afterwards? Your target could be reaching the treasure, a favourite toy or your morning snack.