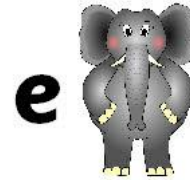
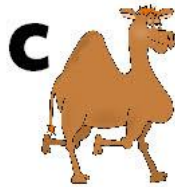
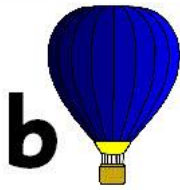
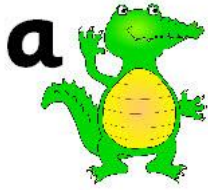


Week 2 Challenge

Painting with water is an activity that children love and can do for hours! It helps build their creativity and confidence to experiment and develop early writing skills. All you need is a bit of sunshine, a brush (see tip at bottom) and water!



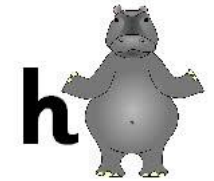
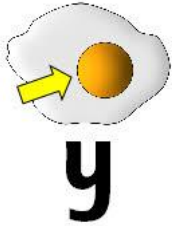
TIP: If you don't have a paintbrush, get Creative with painting utensils! E.g. Feathers, bark and leaves!



Week 2 Movement

Following on from the Yoga poses last week, we have a fantastic way to get our bodies moving and exercising inside or outside! This is a great experience to do with your whole family!

Set a timer for 1 minute, 45 seconds of exercise, 15 second rest. Can you complete them all?



FROG JUMP

Hop, hop hop! up and down like a frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.



STARFISH JUMPS

Jump up and down spreading your arms and legs wide (jumping jacks)



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet.



ELEPHANT STOMPS

March in place, stomping your feet as hard as you can.

Extension: What other animals can you make into an exercise?

