






## Suggestions for Keeping active

### Sensory circuits ideas

1. <u>Alert (1 minute - 2 minutes)</u>	2. <u>Focus (1 minute - 2 minutes)</u>	3. <u>Calming (1 minute - 2 minutes)</u>
 <p>star jumps</p>  <p><u>Skipping</u></p>	 <p><u>rolling</u></p>  <p><u>Hopping / balancing on one leg</u></p>	 <p><u>Massage</u></p>

### Or Morning songs

- Shake your sillies out [https://www.youtube.com/watch?v=NwT5oX\\_mqS0](https://www.youtube.com/watch?v=NwT5oX_mqS0)

-Wake up shake up [https://www.youtube.com/watch?v=NwT5oX\\_mqS0](https://www.youtube.com/watch?v=NwT5oX_mqS0)

-Shake break <https://www.youtube.com/watch?v=zl5QodAFuVk>

# Dancing

## Song list

### Lets go walking



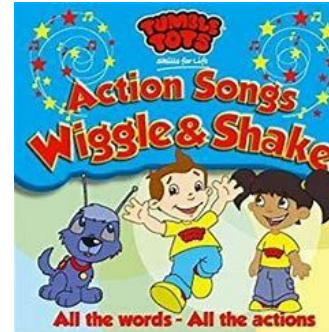
<https://www.youtube.com/watch?v=cj-ouBZXd00>

### Freestyle (dancing)



<https://www.youtube.com/watch?v=7BKPm dm-3tk>

### Stand up sit down song



<https://www.youtube.com/watch?v=J7y9T-535XM>

### Freeze song



<https://www.youtube.com/watch?v=2UcZWXvgMZE>

### Stop song



<https://www.youtube.com/watch?v=bJnfhYCC-Bo>

### Head, shoulders, knees and toes



<https://www.youtube.com/watch?v=RuqvGiZi0qg>

### Banana, Banana, Meatball



[https://www.youtube.com/results?sp=mAEB&search\\_query=banana+banana+meatball+song](https://www.youtube.com/results?sp=mAEB&search_query=banana+banana+meatball+song)

### How far i'll go (relaxing song)



<https://www.youtube.com/watch?v=cPAbx5kgCJo>

## Ball skill Ideas



**Bowling and rolling activities using household items**



LAUNDRY BASKET

Throwing skills



Balloon activities e.g - throwing, catching, kicking, hitting with a balloon with a cardboard tube or basketball throwing the balloon into a bag or box



Dripping skills



Could use soft toys instead



Yoga Poses

Or For Yoga stories visit cosmic kids yoga on youtube

