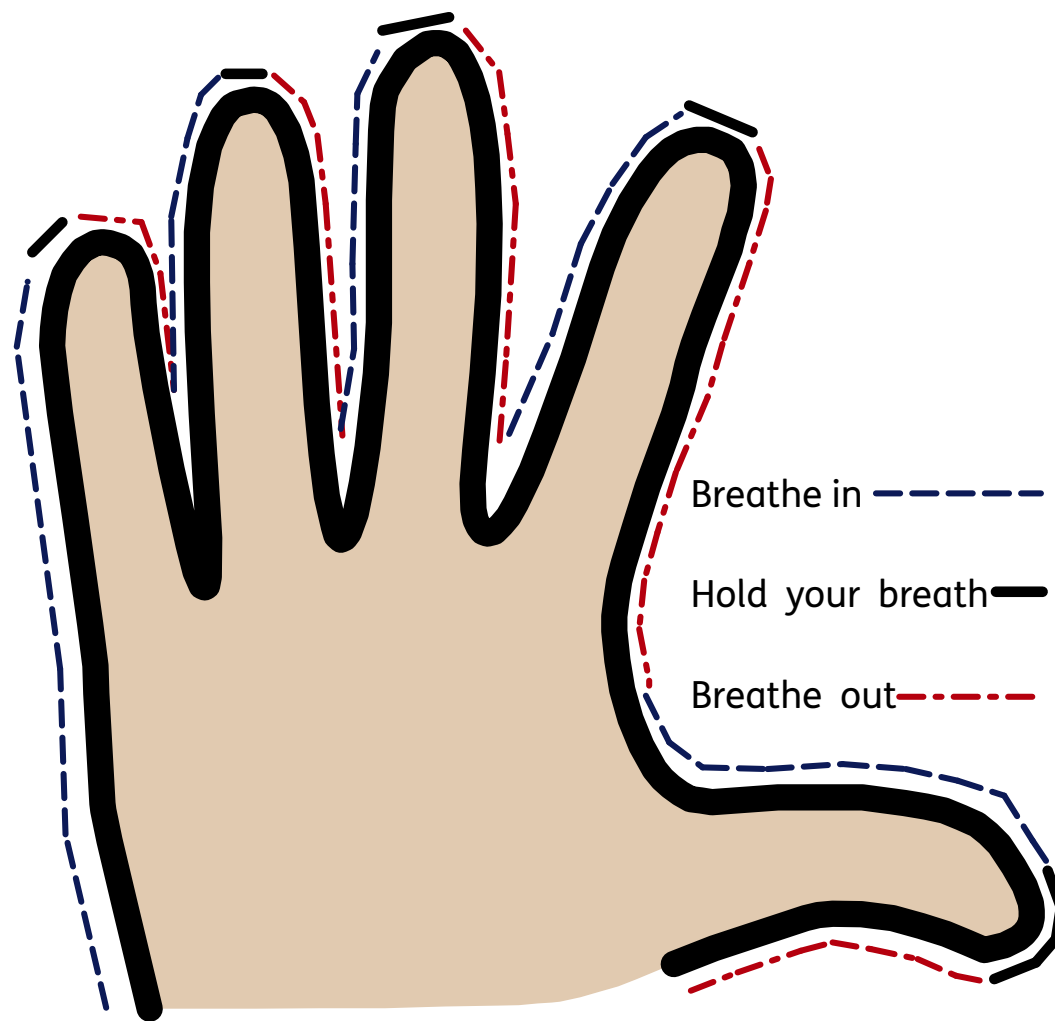


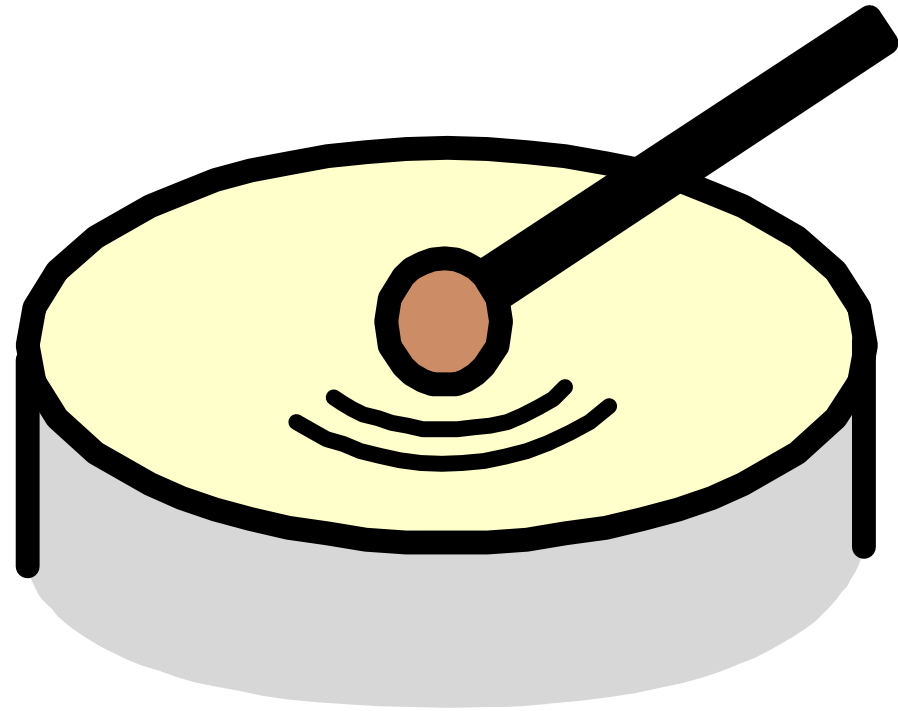
Hand Breathing

Hold your hand out in front of you. Use a finger from your other hand to trace around it. Try to hold your breath for 3 seconds when you get to the top of each finger.

How did you feel before this?

How do you feel now?

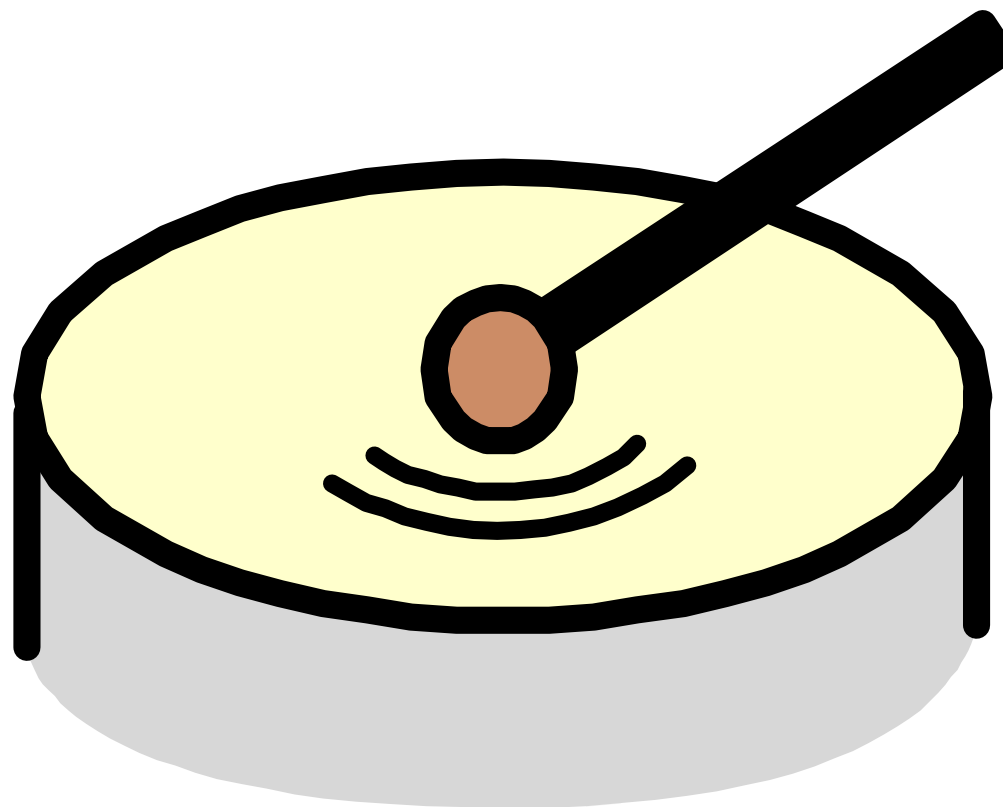


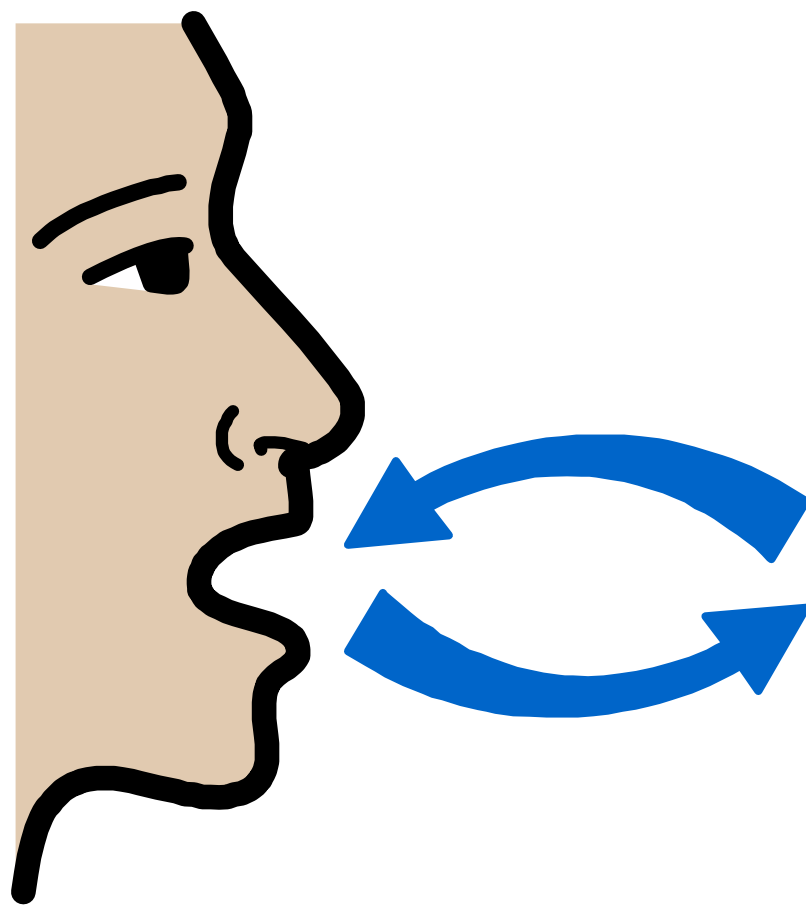


Rhythmic Breathing

Hit a steady rhythm
using your hands or
some drumsticks. Count
the beats - 1, 2, 3, 4...
Breathe in for 4 beats,
and out for 4 beats

Can you change your rhythm?
Try making to faster or slower.
Can you breathe in and out for 8
beats?



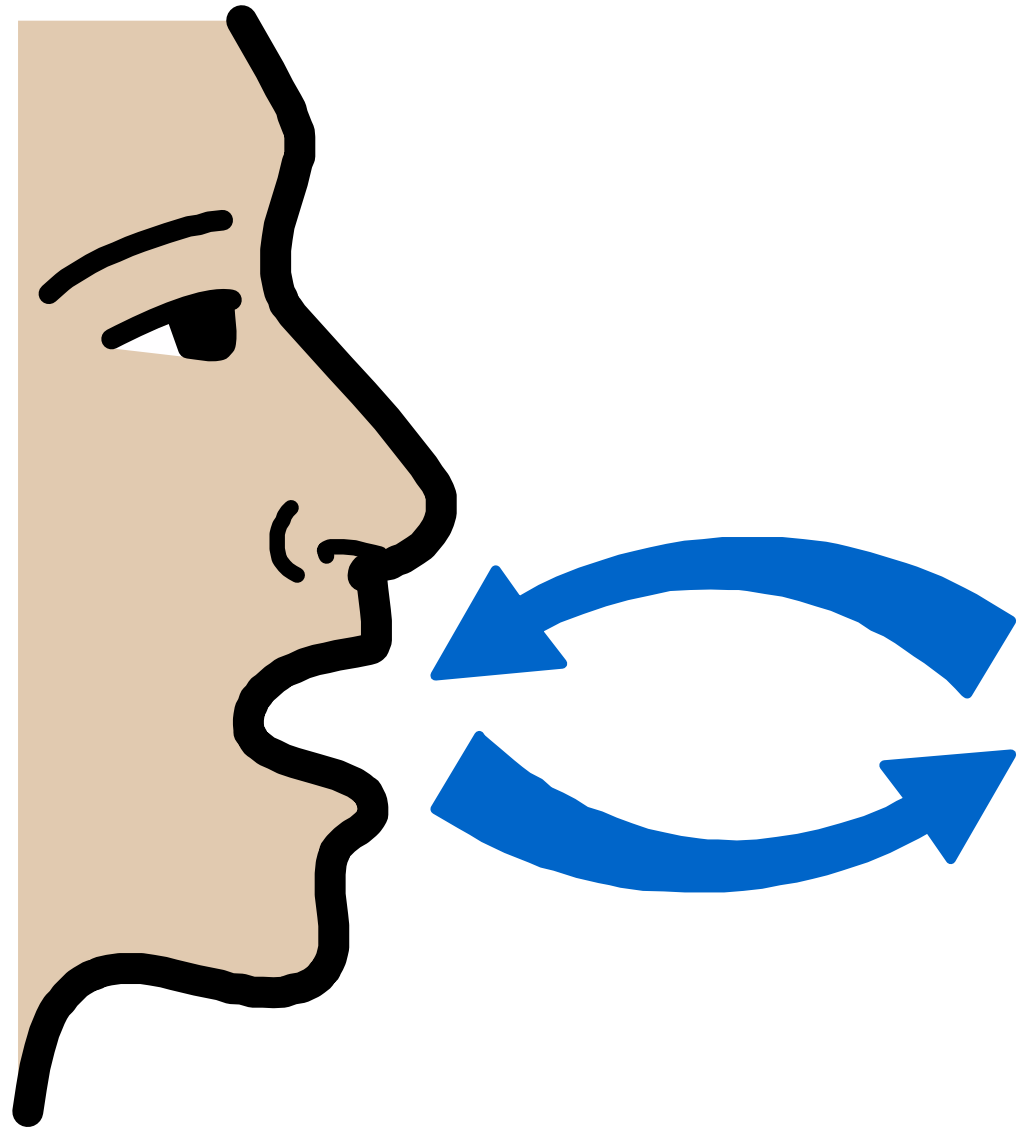


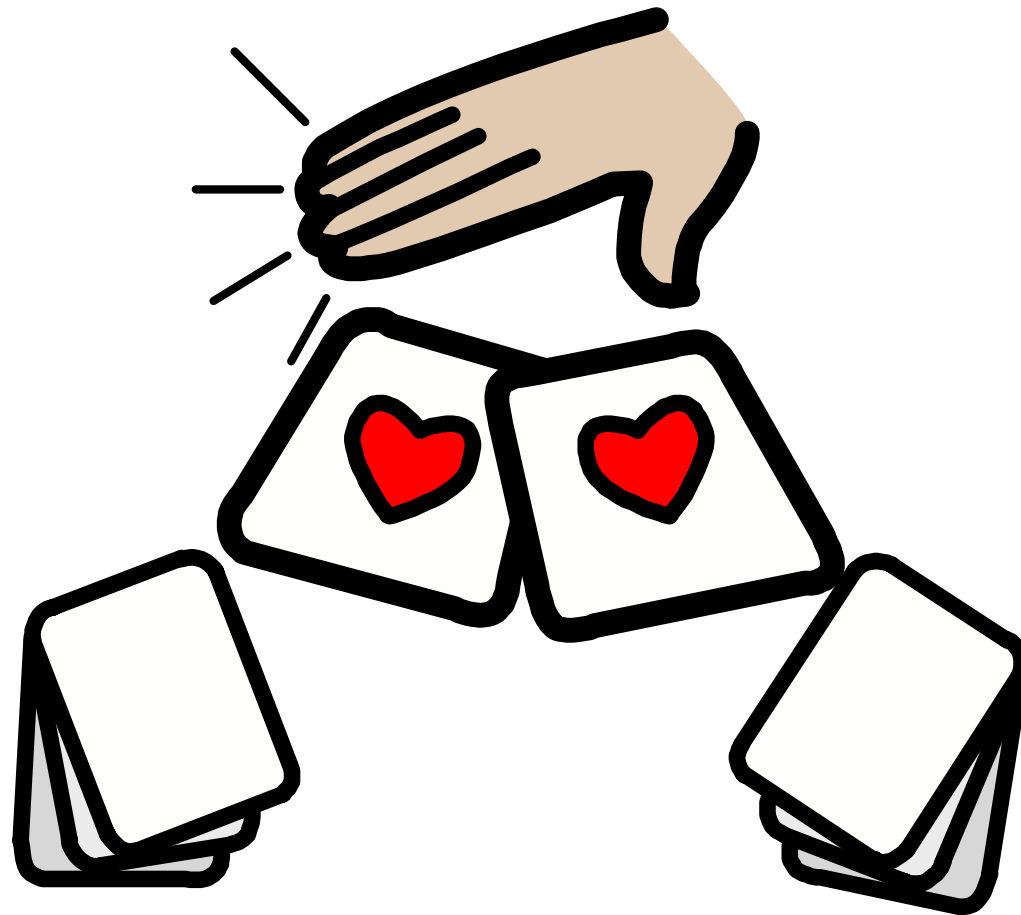
Caring ABC

A - Awareness. Think about how you are feeling. Maybe you are feeling sad, angry or worried.

B - Breathing. Put your hands on your tummy with your fingers pointing at your belly button. Breathe in for 4 seconds, hold it for 4 seconds and breathe out for 6 seconds.

C - Care. When you breathe out, say "I am OK" "I am safe" "I can be positive"



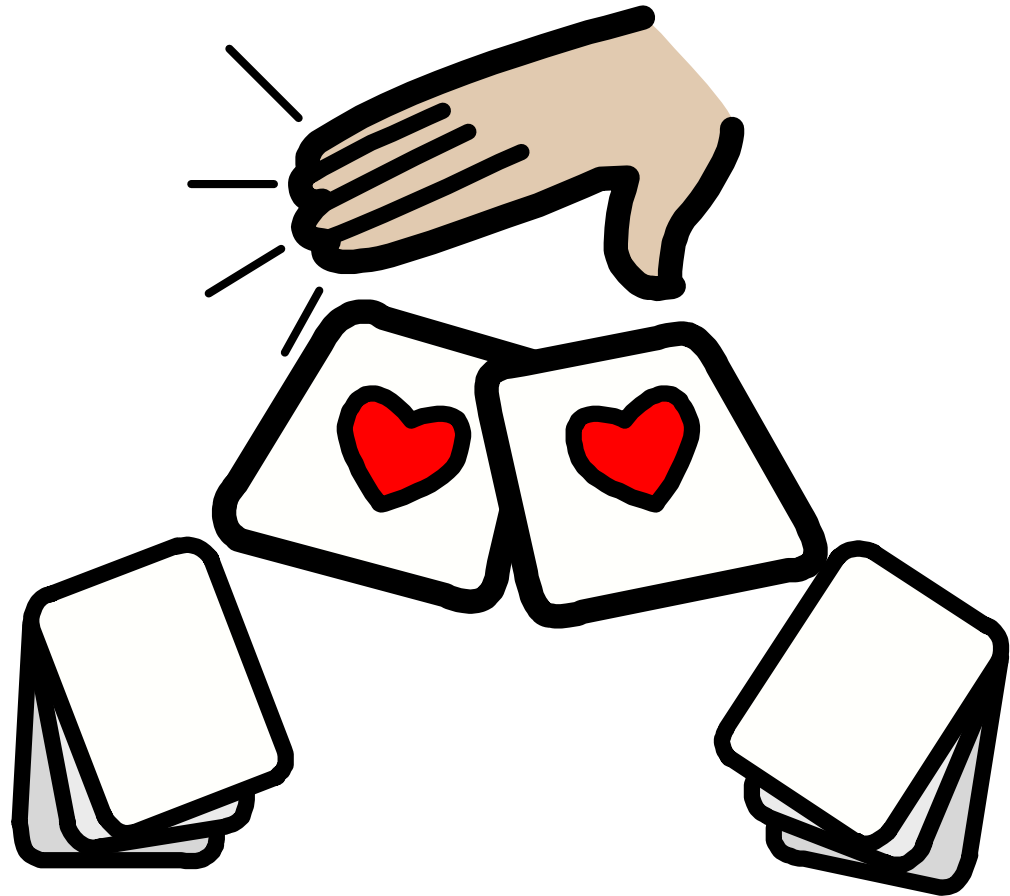


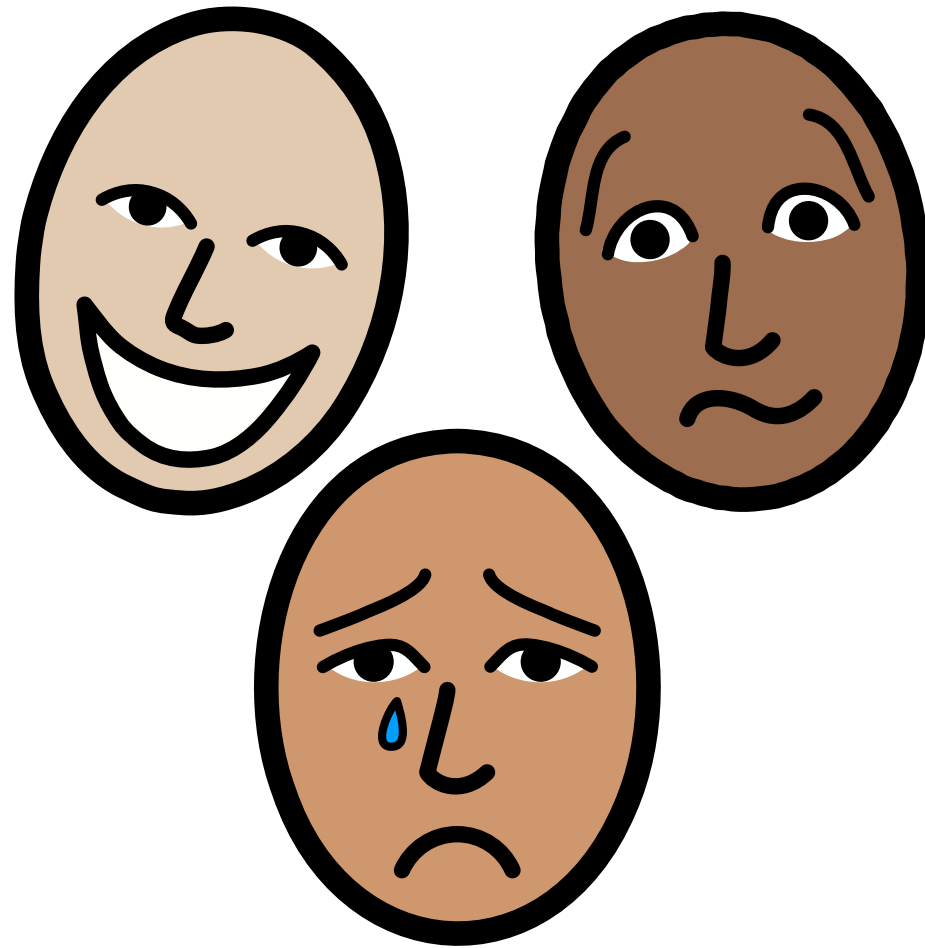
Emoji Match

Spread the emoji cards
face down on a table
or the floor. Take it in
turns to turn two cards
over at a time and see
if you can find a pair!

See if you can match a picture
card with a word card.

What does this emotion feel like
to you?

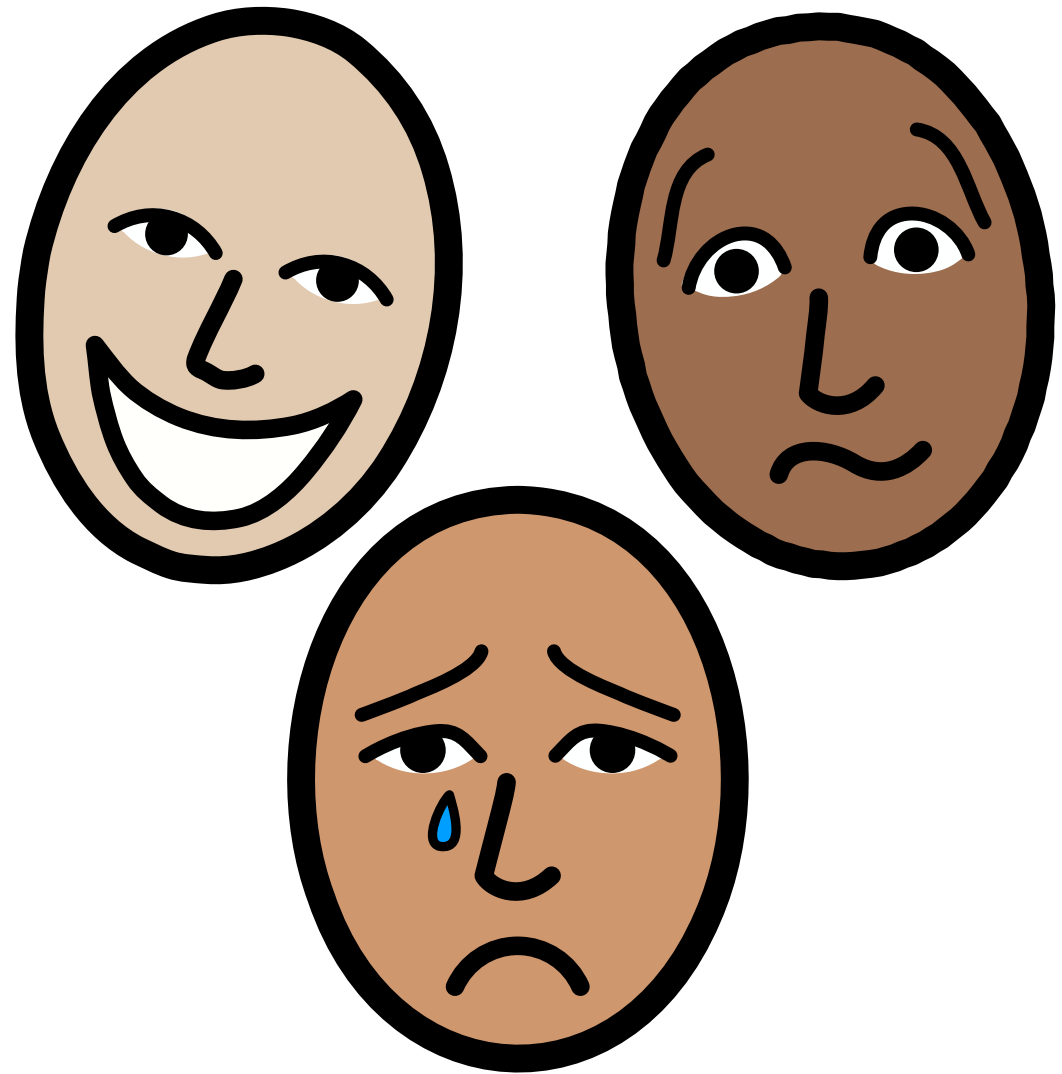


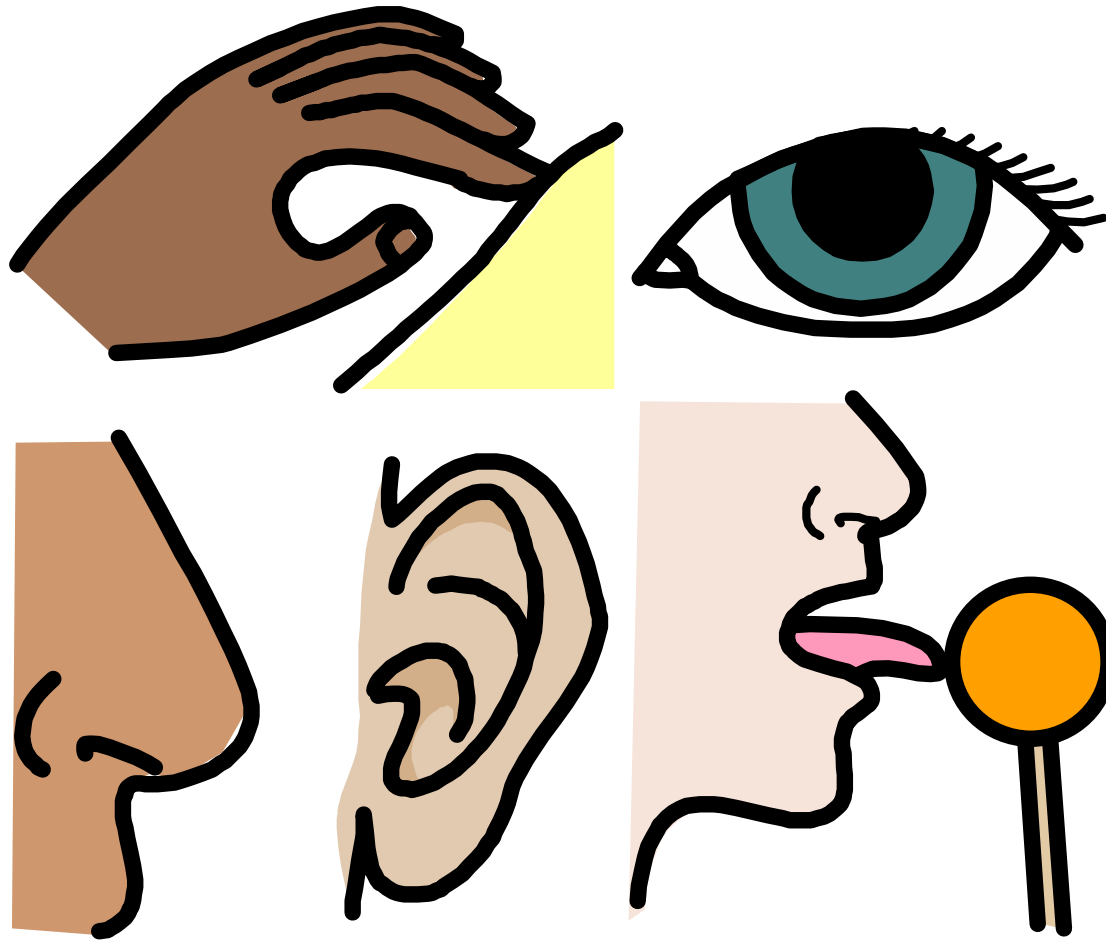


Emotion Check In

Spread the emotion cards out on the floor. Have a look at them and choose the one that best matches how you are feeling.

Why are you feeling that way? Think about the things that are happening in your day. How do they make you feel?





5, 4, 3, 2, 1

Think of:

5 things you can see.

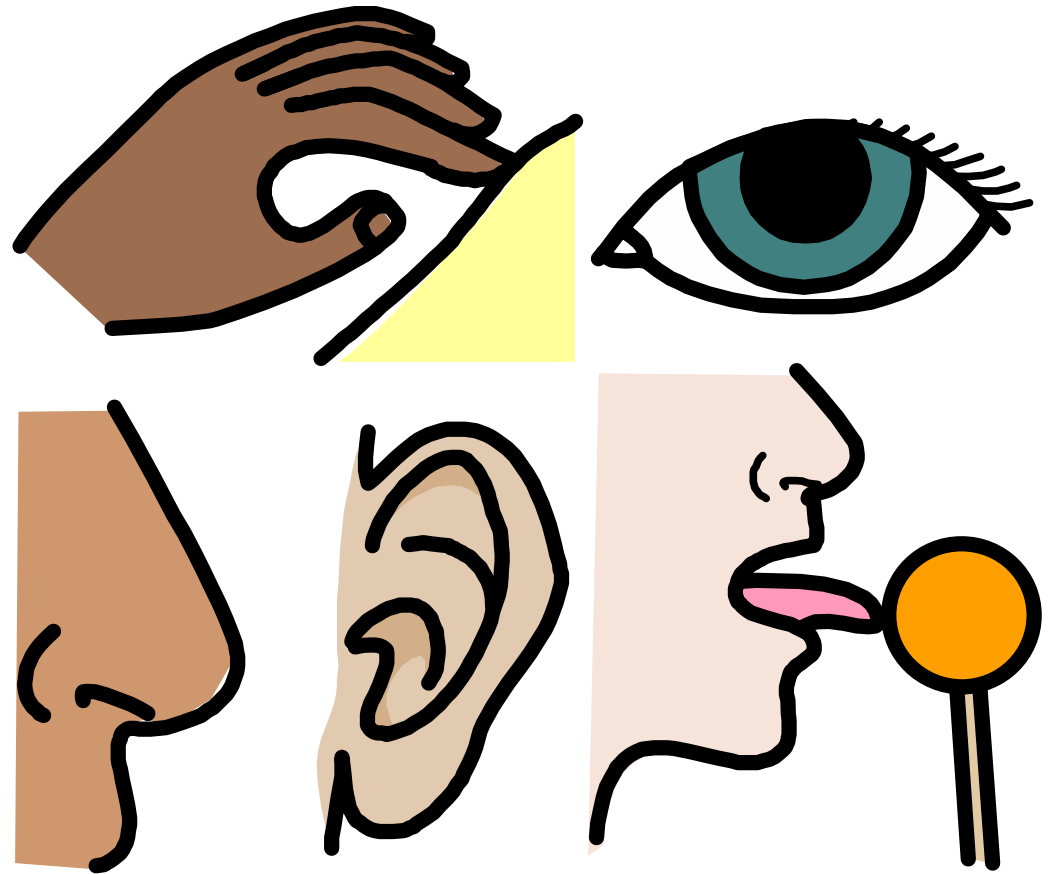
4 things you can hear.

3 things you can

feel/touch

2 things you can smell

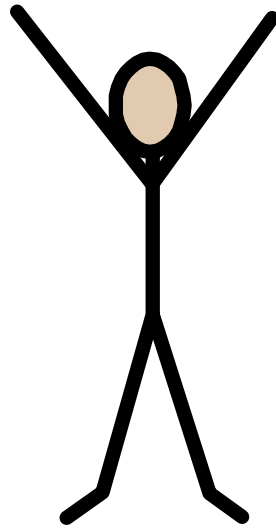
1 thing you can taste



Now think of 3 things that
make you feel happy and calm

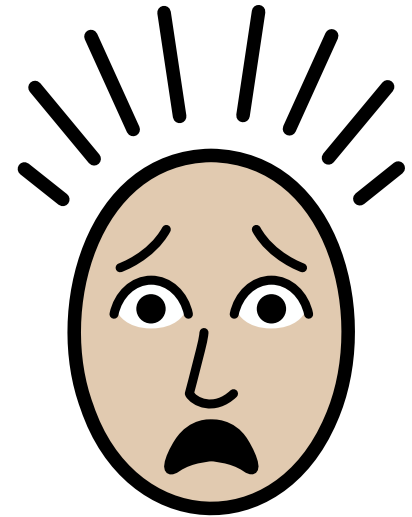


Comfort,



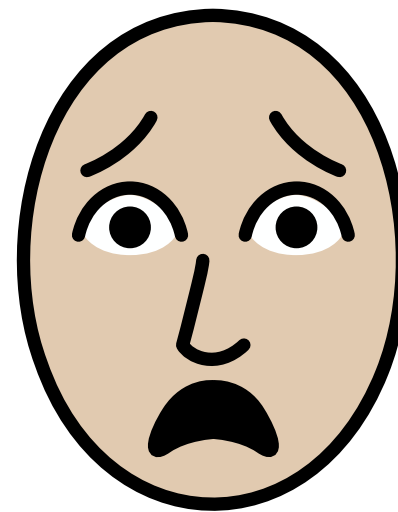
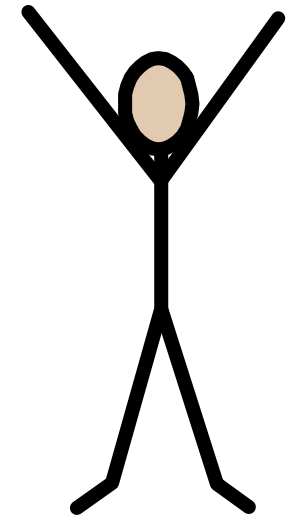
Stretch

or



Panic

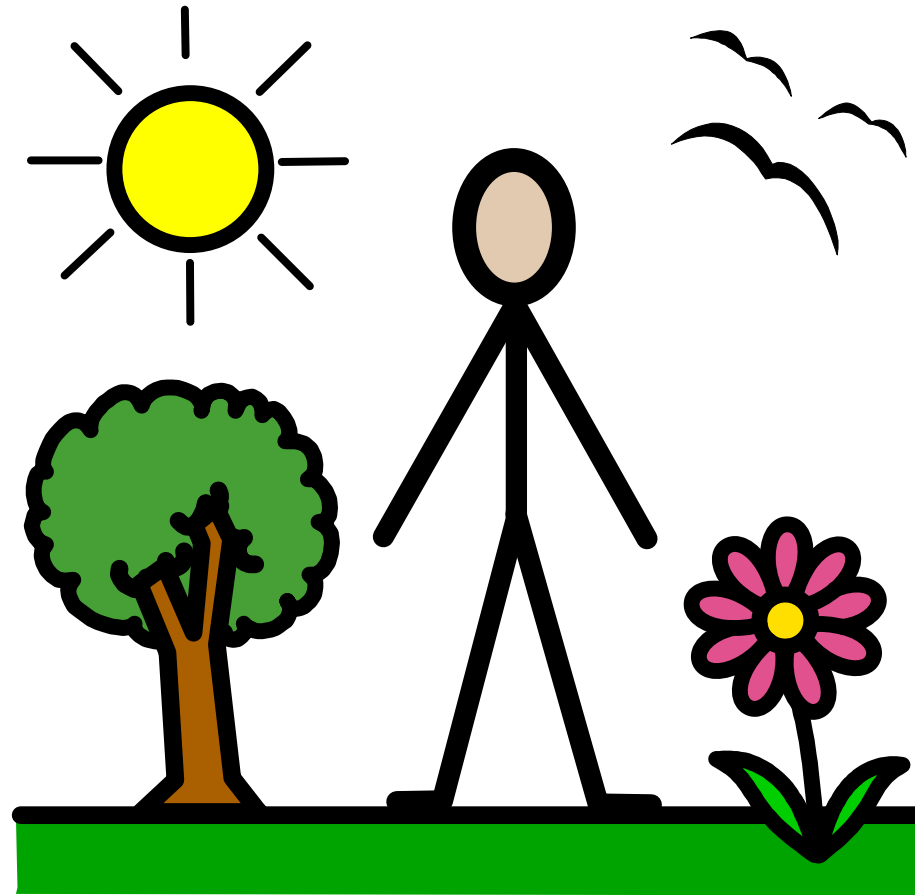
Think about the things that are happening in your day or week. Go through each one and decide if it makes you feel comfortable, stretched or panicked.



Comfort = calm and OK

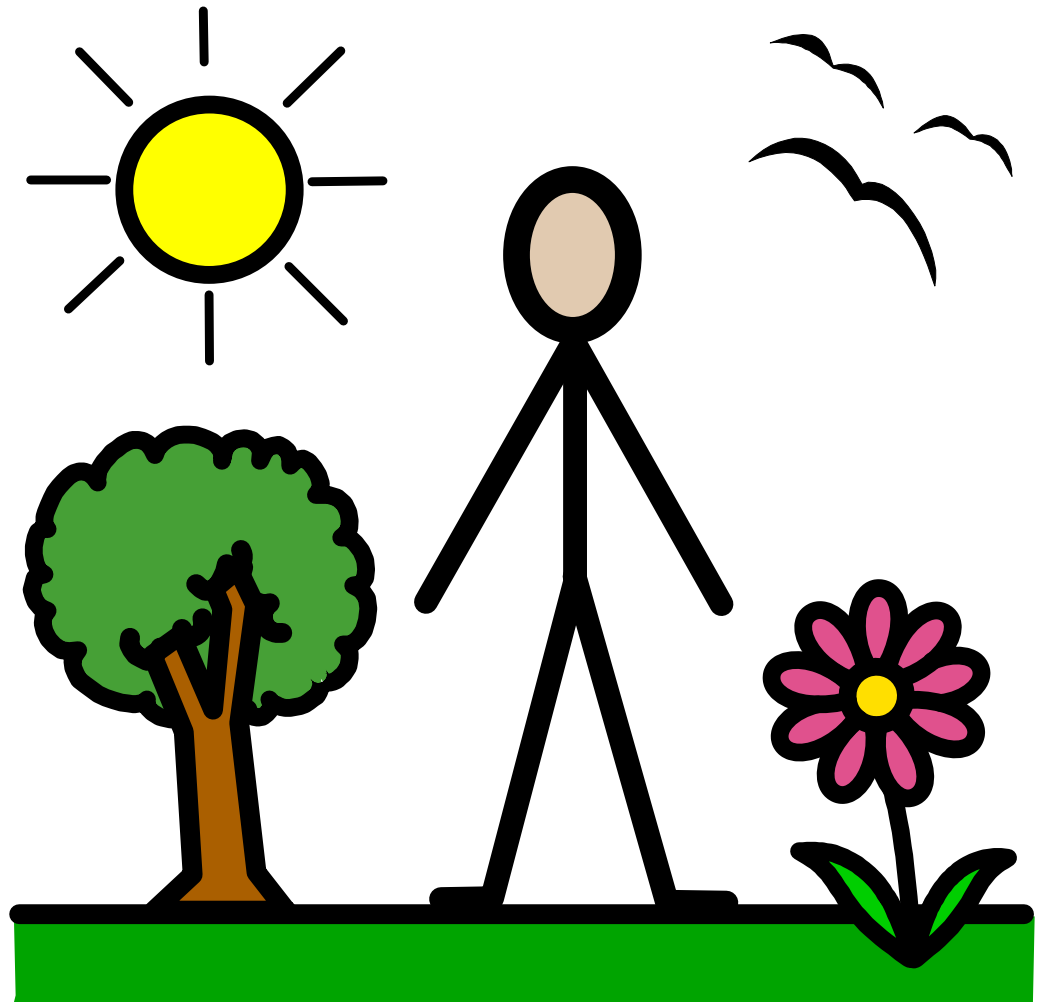
Stretched = a little bit tricky but still manageable

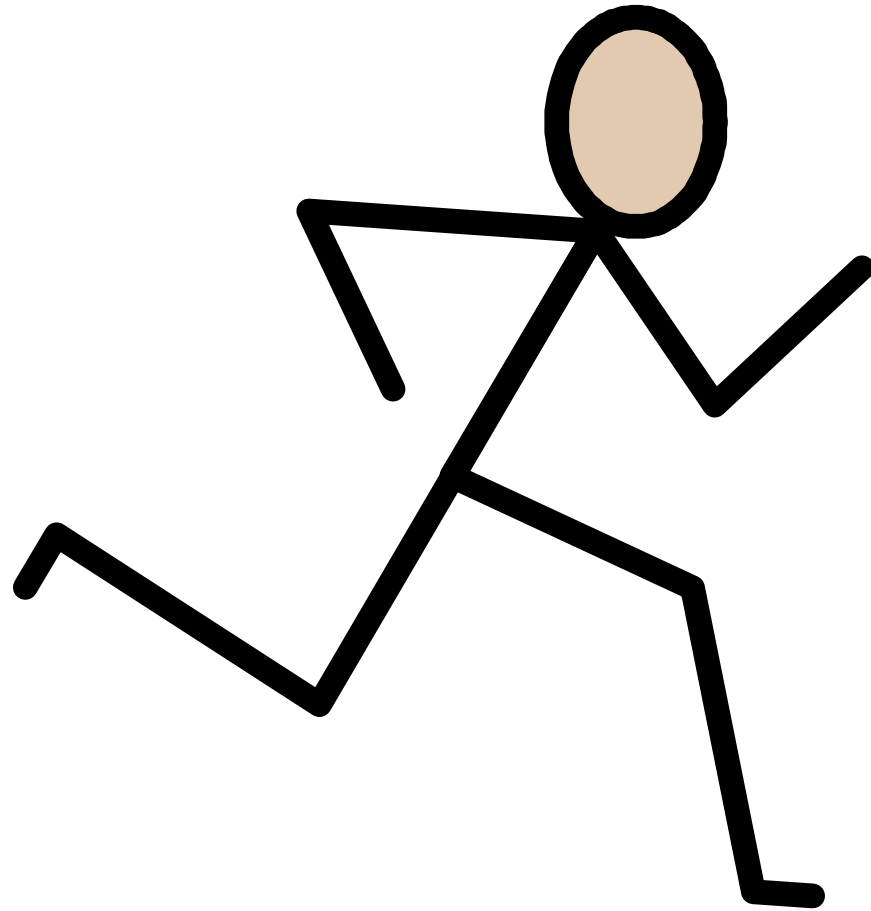
Panic = not OK, very worried and anxious



Fresh Air = Fresh Mind

Sometimes, being outside in the fresh air can help to settle our brains and make us feel calm. Take a look around you and think about what you can see. How many different colours can you see? What sounds can you hear? Take some big, deep breaths as you look and listen.



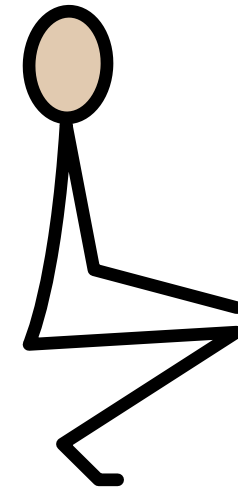
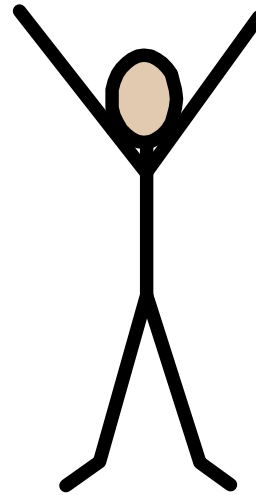
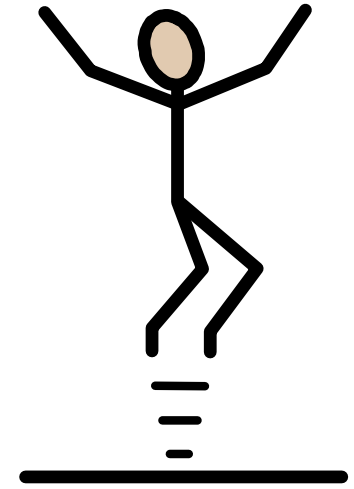
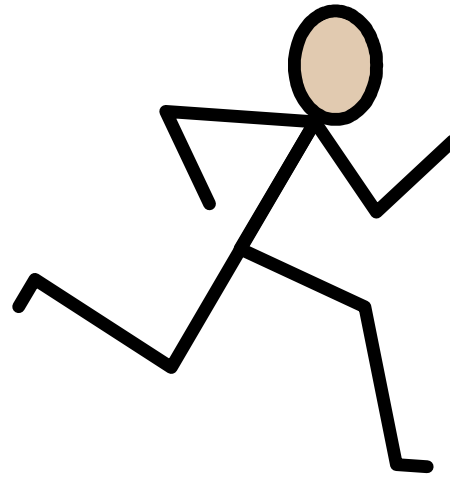


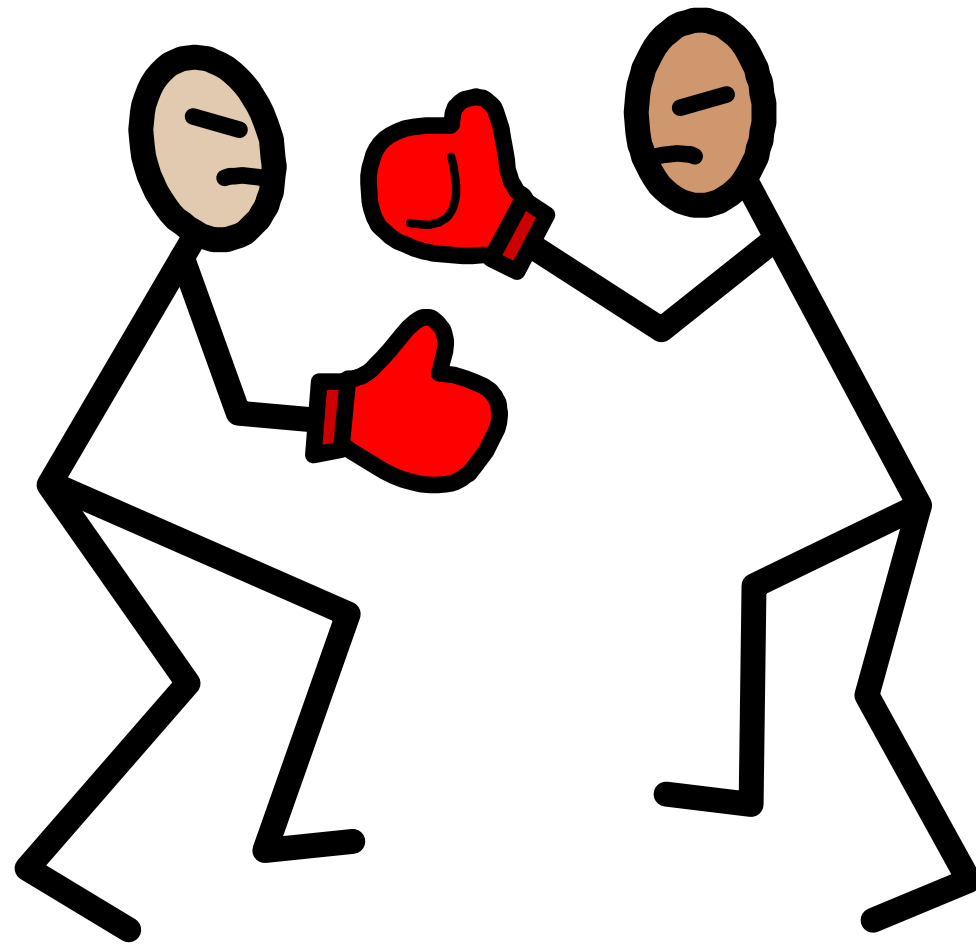
Interval Training

Let's burn off some energy!

Have a go at creating a circuit of activities. You could try different exercises like star jumps, squats and short sprints to get you heart rate raised.

When you have finished, do some stretches to bring your heart rate back down.





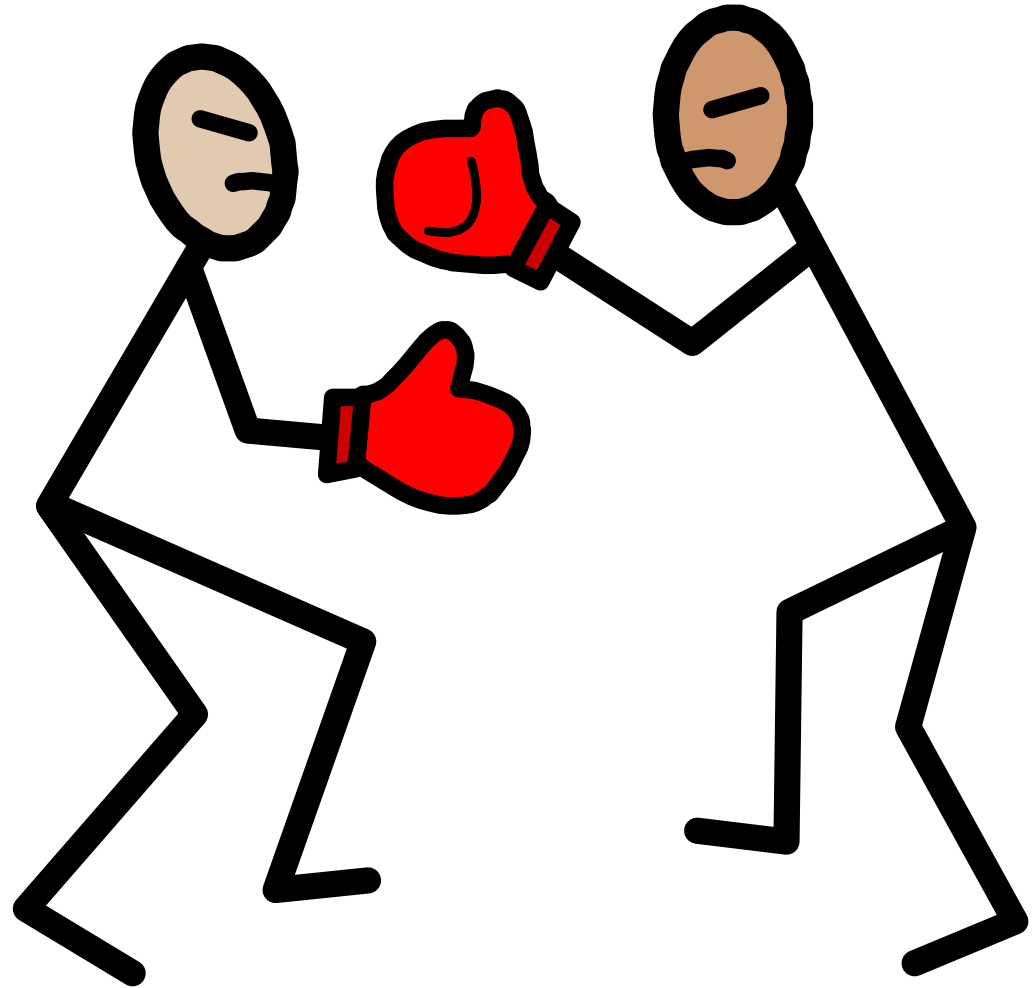
Jab - Cross - Hook

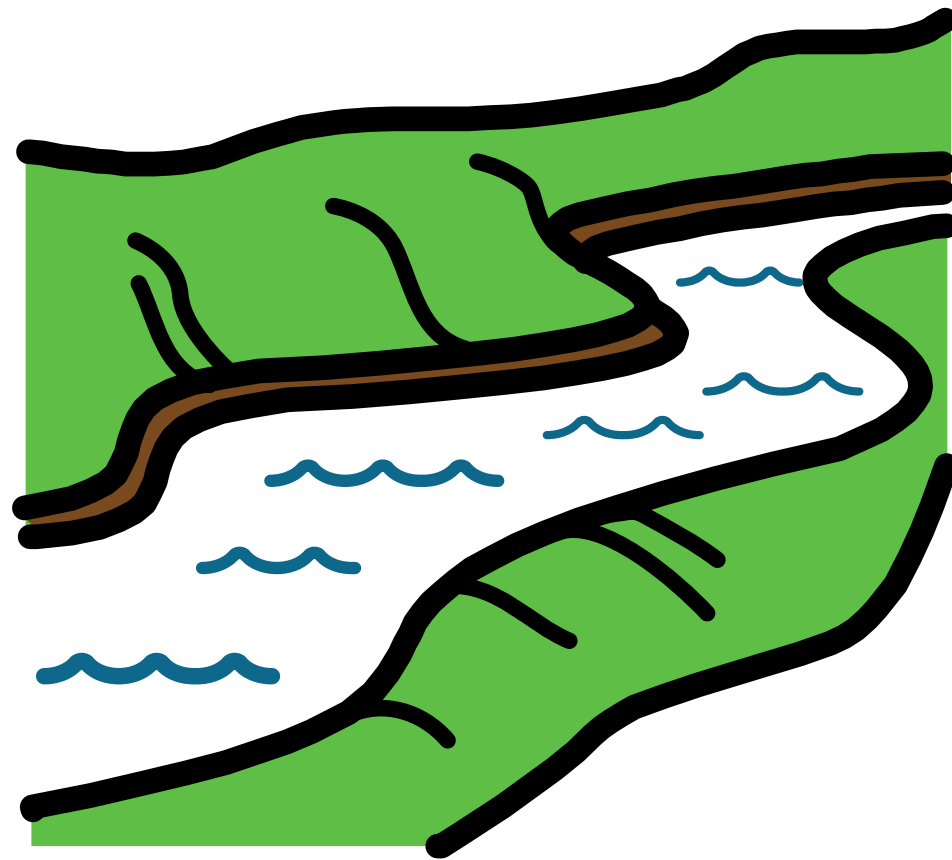
Practice these punches:

1. Jab
2. Cross
3. Hook

Now try to mix these moves up into a quick sequence.

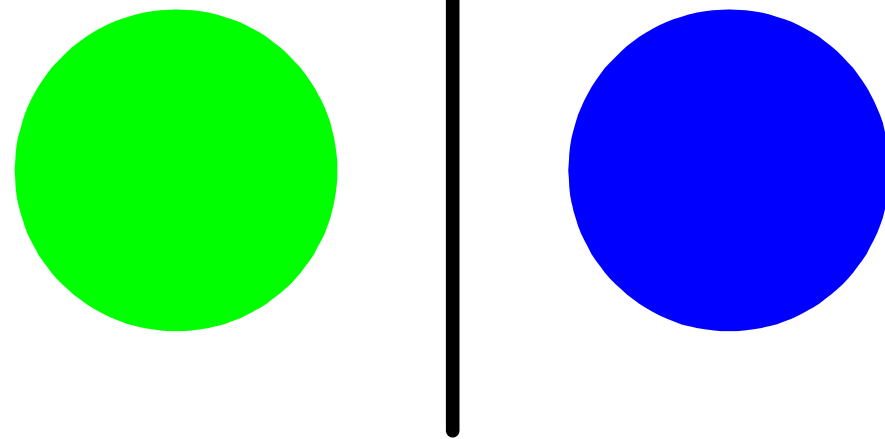
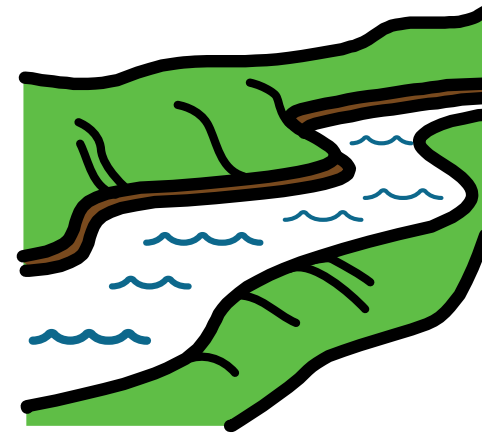
1, 2, 1, 2, 1, 2, 3, 1, 3,
2, 3, 1, 2, 3

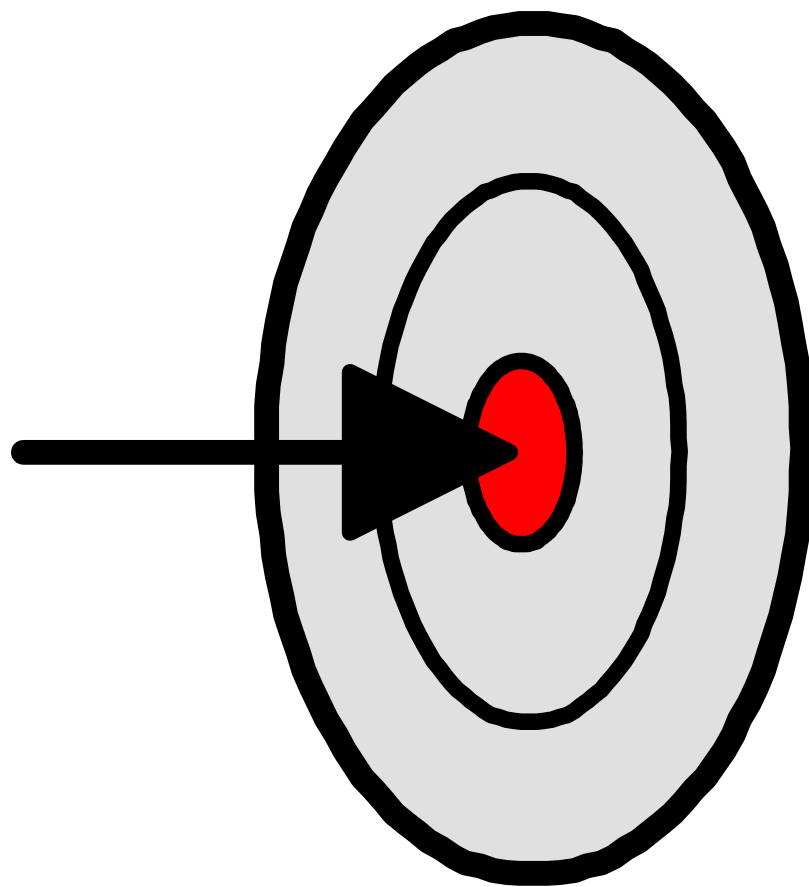




River Bank

Lay out a green and a blue dot or hoop. The green one means "bank", the blue one means "river". Stand between the two dots. When you hear the instruction "river", jump onto the blue dot, keeping your feet together. If you hear "bank", jump onto the green dot. Try not to get caught out and try to keep your feet together!

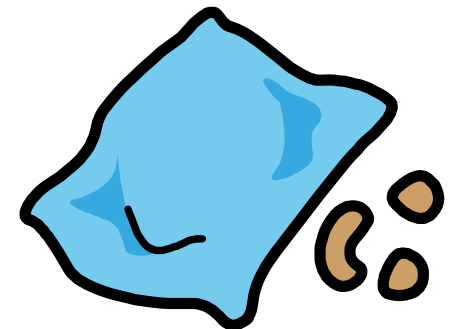
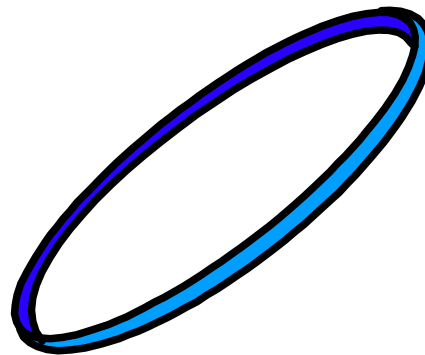
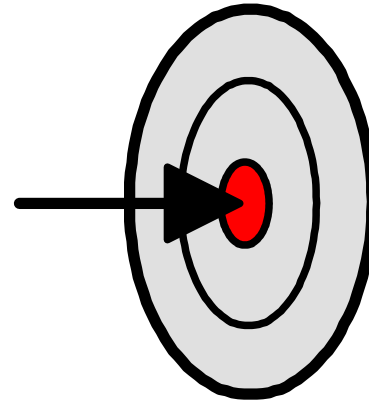


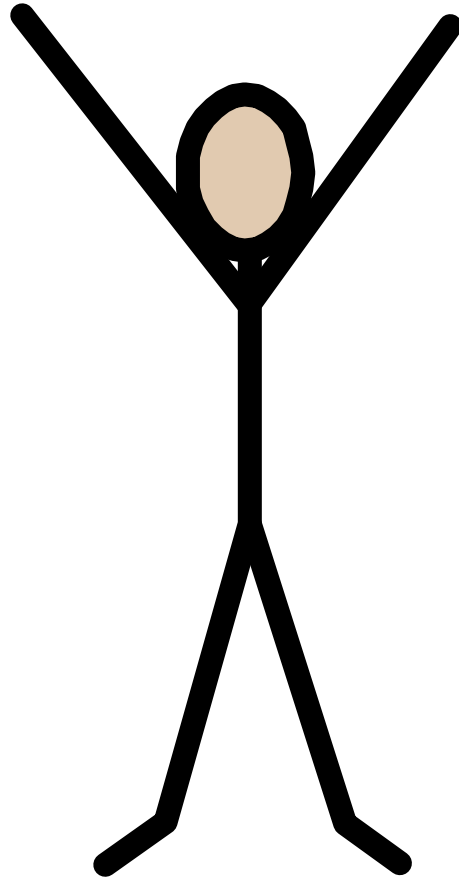


Bullseye Bonanza

Find a hoop and some beanbags. How many times can you throw a beanbag into the hoop in 60 seconds?

Try taking a big step back or finding a smaller target to give yourself an extra challenge!





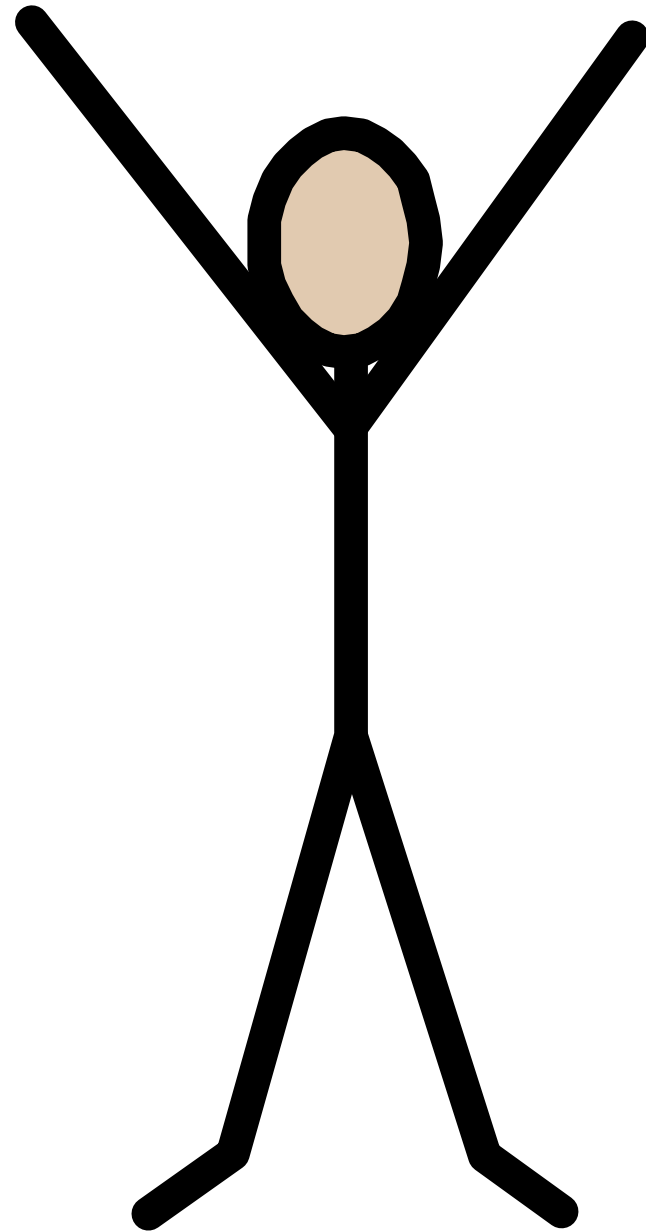
Stretching Away Stress

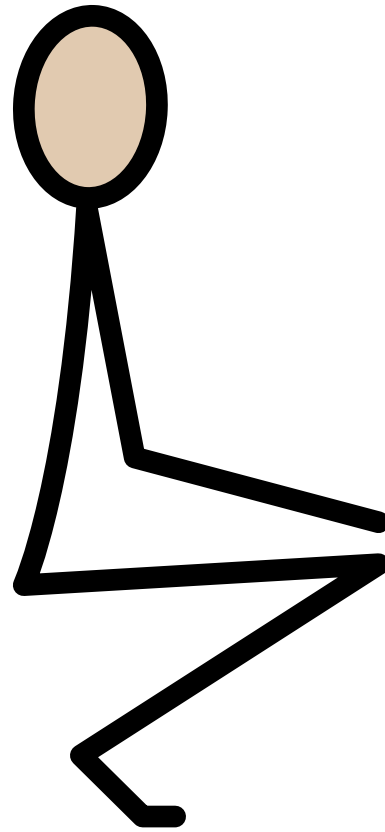
Upper body and arm stretch: clasp hands together above your head with palms facing outwards. Push your arms upwards and hold the pose for up to 30 seconds.

Lower trunk rotation: Sit up straight in a chair. Reach your right arm upwards and lean over to the left. Hold the pose for 10 seconds and return to the start position.

Repeat the stretch on the other side.

Sometimes we can feel our stress in our muscles. Stretching can help to get rid of that tension. What other stretches can you think of to help release some stress?

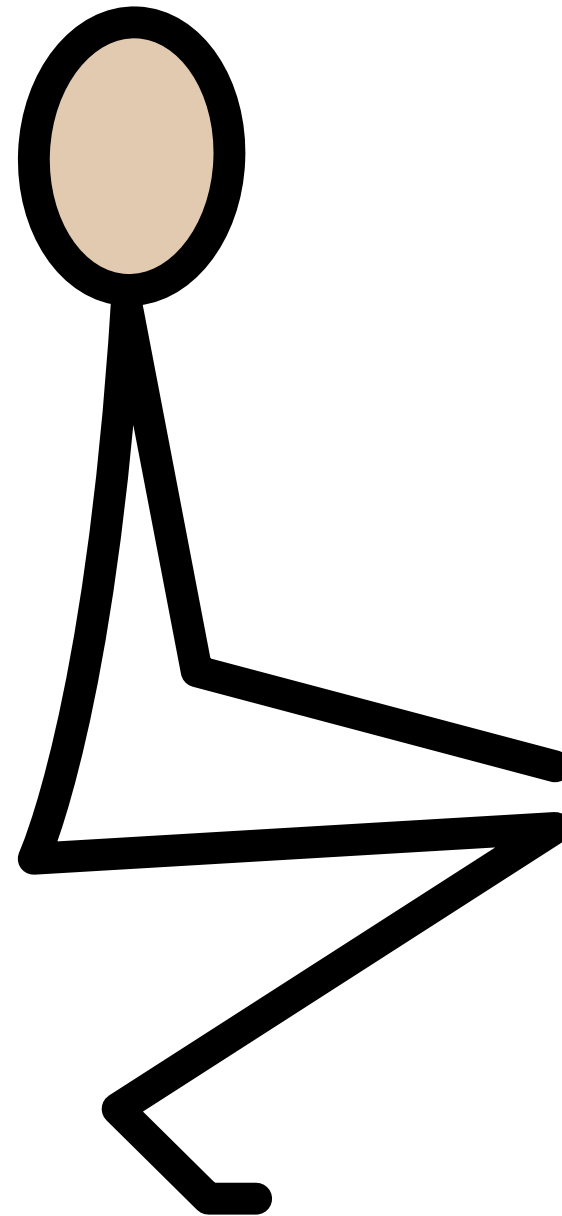


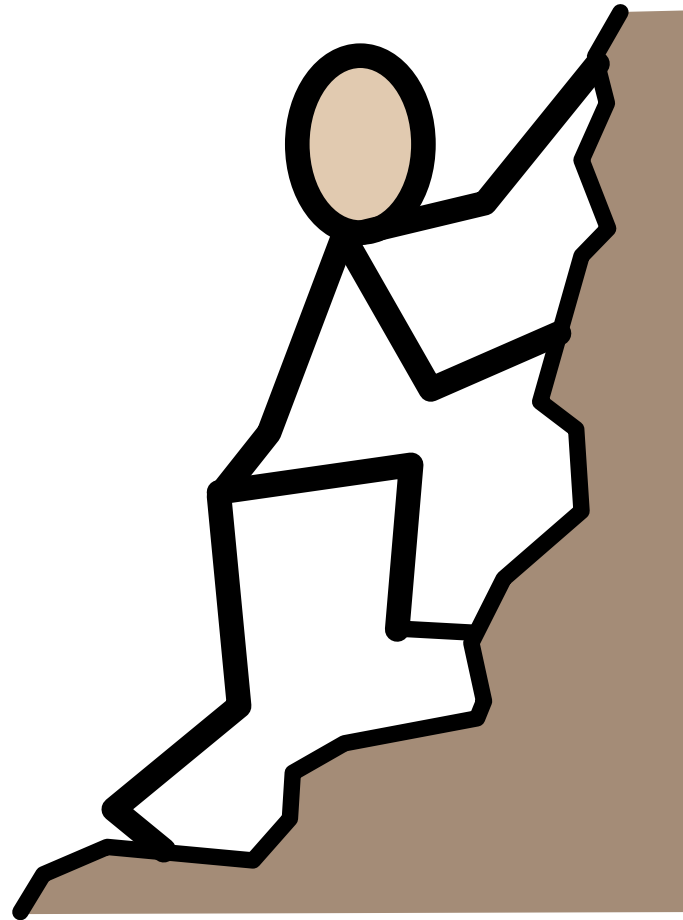


Wall Sit Squat Challenge

Find a wall that has nothing on it - no furniture or frames. Stand with your back flat against the wall. Slide down the wall until your thighs are parallel to the floor and your knees are straight above your ankles. See how long you can hold this pose.

If you can, listen to the song "Flower" by Moby. When the song says "*Bring Sally up*", stand up. When the song says "*Bring Sally down*", get back into the squat position. See if you can do this through the whole song!



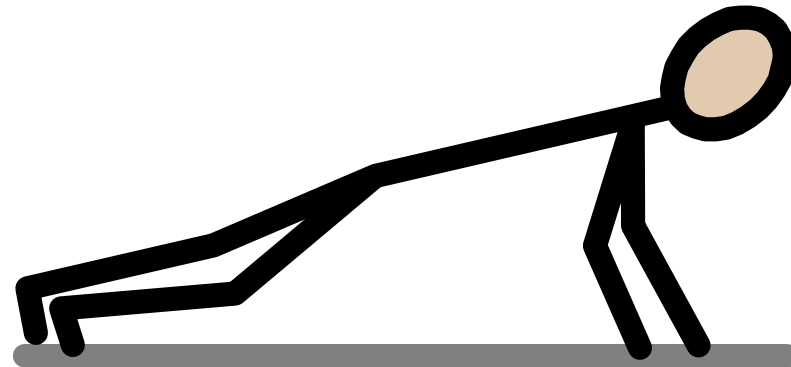
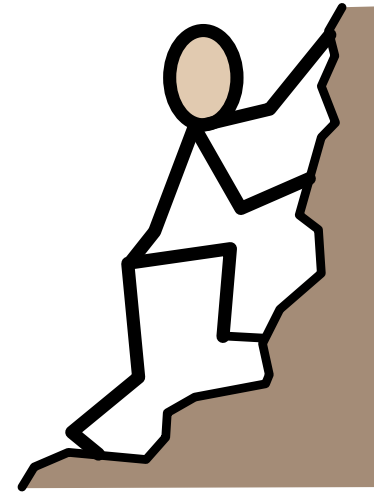


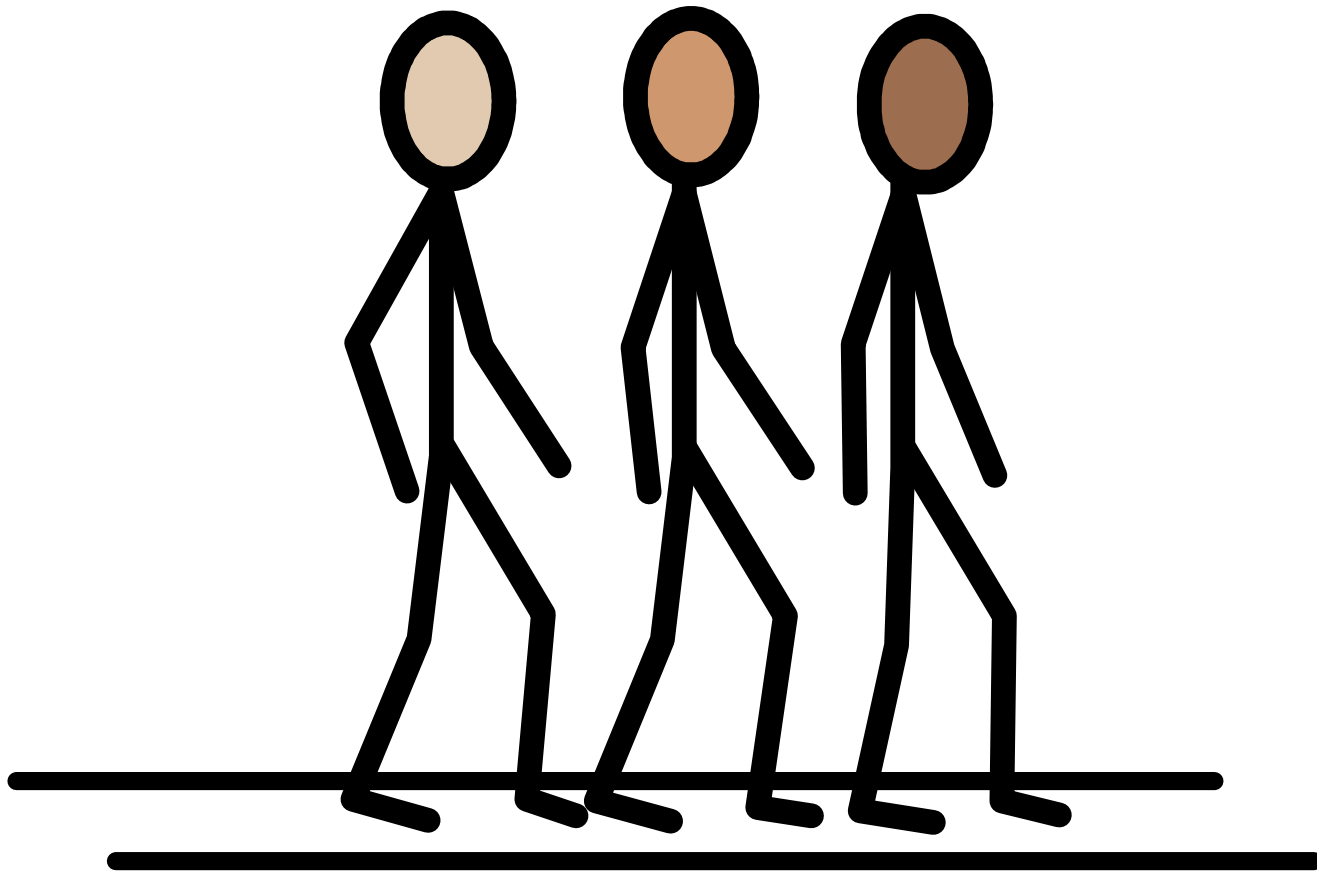
Climb the Mountain

Start in a plank position.

Slowly bring one knee towards your chest and back again. Repeat with the other knee. Try to stay as flat as possible!

How many Mountain Climbers can you complete in 60 seconds? Can you do a Press Up after each Mountain Climber?

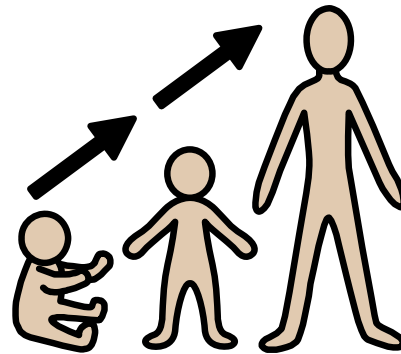
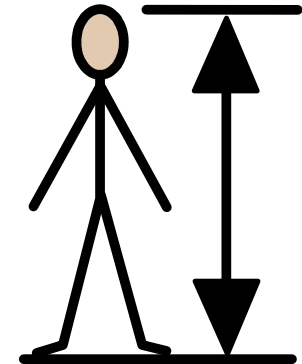


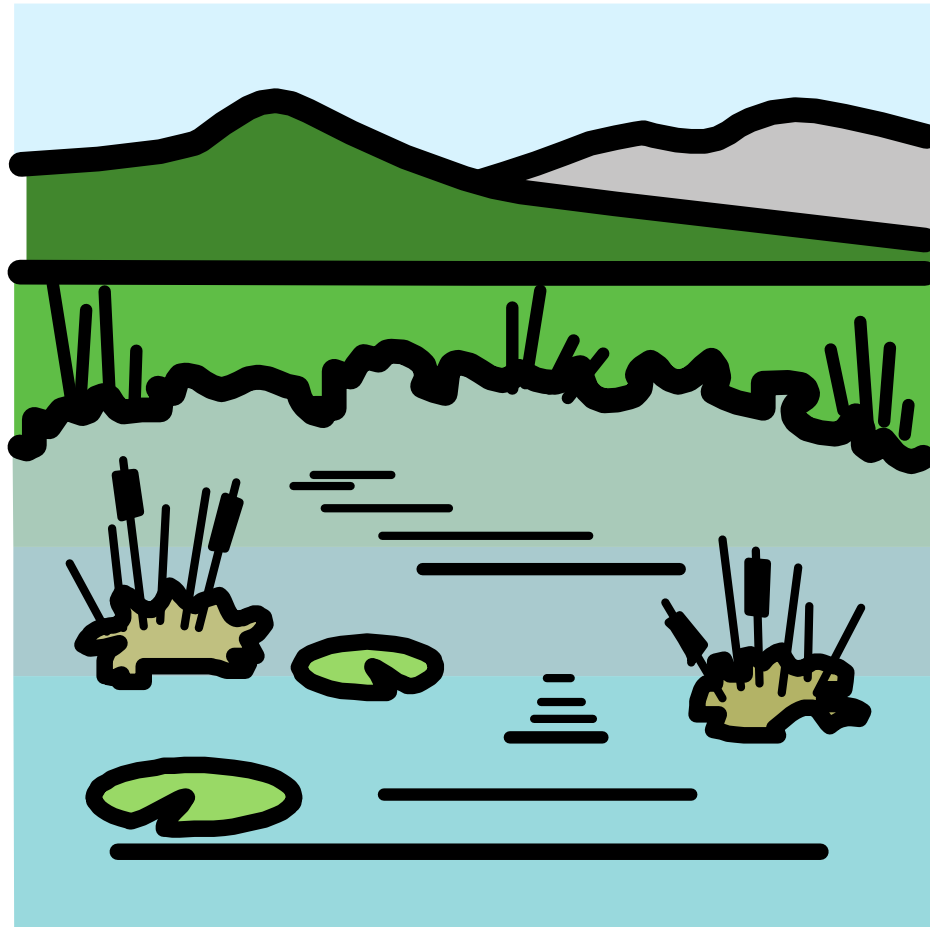


Line Up Legends

Stand in a line along a bench or a rope on the floor. Can you put yourselves in order without leaving the bench or rope? Try birthday, age, height or shoe size order.

When you have had a practice, see if you can order yourselves without talking? Is that easier or harder?

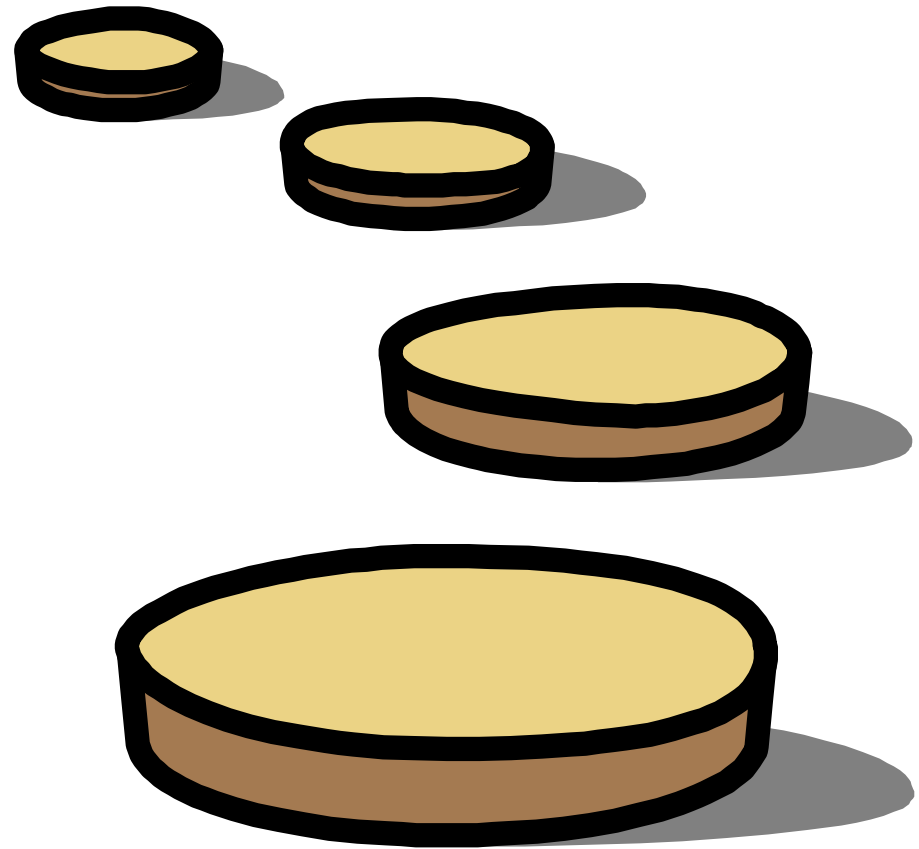




Cross the Swamp

Using cones, mark out the area that will be the swamp. Use floor spots to try to get your team safely across the swamp. You are not allowed to touch the floor!

Take it in turns to be the leader! Add obstacles into the swamp to make it harder to cross.





Jedi Mind Tricks

Everyone stand in a circle. Choose one person to be the Jedi, they will stand in the middle of the circle. Look down when the Jedi says so and then look up when told to. If you are making eye contact with another player, you must swap places. The Jedi has to try and steal one of the places in the circle. The player left without a place in the circle becomes the next Jedi.

You can use "Rock, Paper, Scissors" to settle any ties!

