



Monday 4th

- Learn a dance

Tuesday 5th

- Pack a healthy lunchbox

Wednesday 6th

- Fitness workout
- **FULL BODY FITNESS WORKOUT:** https://www.youtube.com/watch?v=_1UNU1Jo9Rk
- **Fitness Lockdown Challenge:** <https://www.youtube.com/watch?v=TsZV-d4e8Go&t=258s>
- **Body Weight Workout:** https://www.youtube.com/watch?v=GXDd-UttXpw&list=PLmSMzYVzFCo2mGzwyQ_aknIB-FCVNR6K7&index=6

Thursday 7th

- Create an obstacle course to complete

Friday 8th

- Yoga, Pilates or Meditation session
- **Yoga Flow:** https://www.youtube.com/watch?v=_BdMZHJNkaI&t=6s
- **At-Home Pilates:** <https://www.youtube.com/watch?v=K56Z12XNQ5c>
- **The Ten Minute Guided Meditation For Kids:** <https://youtu.be/IN5z4gNOVYg>

Saturday 9th

- Make/bake a healthy snack to eat
- <https://www.bbcgoodfood.com/recipes/collection/snacks-kids-recipes>
- <https://www.kidspot.com.au/kitchen/recipes/collections/healthy-snack-recipes>

Sunday 10th

- Go for a walk or bike ride with your family