

Simple activities that you and your family can do to stay active

## Moon Ball

Work with your family to keep a ball, balloon or rolled up socks in the air and off the ground by using the palm of your hand to hit it up, only one hit each turn. See how many times you can hit it up as a team; 1 point for every touch



## Belly Breathing

Take the time to notice your breathing, either standing or laying on your back. Invite your lips closed, place your hands on your belly, breathe in through your nose and notice your belly get bigger. Breath out through your nose and notice your belly get smaller. Explore with eyes closed, slower and longer breaths each time

## Skipping

Finding an open space to explore skipping forward, backwards and sideways. Try again with a partner, facing each other, holding hands



MOUNTAIN



RAG DOLL



PLANK



BOW POSE



CORPSE

## Core Movement