

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

## Untie the Knot

A fun and a great team building activity for the whole family, your aim is to untie the knot and create a circle. Form a tight circle facing inwards. Each person in the circle places their left hand into the circle and hold someone else's left hand. Repeat this with the other side by holding a different person's right hand. Once you have untied your knot, try again by holding someone else's hand.



## Tennis Ball Massage

Time to give back to self. Using a tennis ball start massaging your forearm, move to the back of your arm, continue up to your shoulders, across your chest and down your other shoulder and arm. Take the tennis ball down to the ground and, with shoes off, start massaging your left foot by rolling your foot around on top of the ball, be sure to massage your entire foot. Repeat on the other side.

## Jumping

A great way to build power and strength in our legs. Start in your mountain pose and then bend your knees, swing your arms back behind your body, push off the ground using your feet and swing your arms up above your head to help get lots of height. Land back on the ground with your knees bent and arms out in front to help with your balance (just like riding a motorcycle). From here explore jumping forward, backward or from different heights.



MOUNTAIN



BUTTERFLY POSE



CHAIR POSE



KNEELING WARRIOR



RAG DOLL

## Core Movement