

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

Hide and Seek

Choose someone in your family to start as the Seeker; using the space you have available, the rest of the family will find places to hide. The Seeker will start hunting everyone down after counting to 20! Once you have been tagged, you will join the seekers team.

To make this more challenging Seekers will need to copy the movements of the person they are hunting i.e. skipping, rolling, hopping. Continue until everyone has been hunted down.



4 Second Breathing

Let's start by lying on your back with you knees bent or laying flat on the floor. Rest your hands on your belly and invite your lips closed. Take a big breath in through your nose for 4 seconds, hold your breath for 4 seconds, breath out through your nose for 4 seconds and finish by holding your breath for 4 seconds. Try and repeat this for 5 rounds.



Lunging

Lunging is a great way to develop your ability to move your centre of gravity with control and balance.

Start in your Mountain pose, take one large controlled step forward with your left leg, bend both knees with the back knee almost touching the ground. Bring your right foot forward to your left foot and repeat on the other side.



Core Movement



MOUNTAIN



SPIDER POSE



PLANK POSE



CHILD POSE



BOAT POSE