

Physical Education- Health and Wellbeing May



					1 Write a list of 5 things that you are grateful for.	2 Build the tallest tower you can out of things you can find around the house.	3 Take part in one of the PE fitness challenges
4 Complete a yoga video; it could be cosmic yoga or something different.	5 Ask someone at home if you can do a task that will help them.	6 Write a list of your 5 best qualities and discuss with someone.	7 Create a small circuit of exercises and see how many times you can complete it.	8 Run a talent show at home- how many different talents do you have?	9 Create a poem about your thoughts and feelings.	10 Go for a walk and write a list of all the things you can see in your favourite colour.	
11 Take time to read a book that you really enjoy.	12 Create a dance routine to your favourite song.	13 Practice a breathing activity for 5 minutes. Place something on your stomach and watch as it rises and falls.	14 Find some pictures of a time that you really enjoyed and explain them to someone.	15 Lie down in a darkened room and listen to calming music for 5 minutes.	16 Challenge someone at home to see who can do the most tuck jumps in a row.	17 Create a play and perform to someone at home.	
18 Sit or lie down in a comfortable space. Move from toes up to head tensing and relaxing each muscle in the body.	19 Play a board game with your family, if you don't have a game, can you make one?	20 Have a go at a form of exercise you have never done before; dance, yoga, Pilates, boxercise, running	21 Find a comfortable place at home and take your time to draw your favourite animal.	22 Make a paper aeroplane and see who can make it travel the furthest.	23 Create a silent disco at home, have a dance to your favourite songs.	24 Help an adult to create a nice meal for your family.	
25 Count how many star jumps you can do in a minute? Can anyone beat you?	26 Tidy your room- surprise an adult!	27 With the help of a grown up, have a go at baking; a cake, cookies, bread, muffins- the options are endless!	28 Go on a walk safari- list all of the different animals and insects that you find.	29 Sit somewhere comfortable and ask someone to blindfold you. Ask them to hand you different objects and guess each one.	30 Using your 5 senses, try a new food- what does it look like, feel like, smell like and taste like?	31 Create a mini-Olympics for your family to participate in.	