

St. Joseph's Nursery Class

Health and Wellbeing



Fitness Fun

Get an adult to choose a number and in correspondence you could do star jumps, hops, skips, big jumps, side steps.

Can you think of your own?

Yoga

You can do a yoga workout on YouTube at home, learn a new yoga pose each day, or master a more challenging pose depending on your yoga skills!

Show your child how to copy this simple yoga.

The Daily Mile, refer to website for more details: <https://thedailymile.co.uk/at-home/>

Relaxation Time

Read or tell a story, look out your cosy blankets and cushions. Use a torch, even make a den!

Pasta Picture

Discussing how you feel is important. Can you discuss different emotions and create a self-portrait using different pasta shapes to show how you feel?

Draw your Skeleton

Draw an outline of your body on paper, get an adult to help. Name and draw as many body parts as you can. Have a competition with an adult or sibling who can name the most wins!