

MONDAY

#BEACTIVE



We can all benefit from being active every day. It can help you feel stronger, more energetic, sleep better – and have FUN! Today, let's get involved with games, spend time outdoors, and get our bodies moving. All kinds of exercise will help your health and wellbeing physically, socially, emotionally, and mentally. So, let's #BeActive!

THREE MONDAY MOTIVATIONAL IDEAS TO #BEACTIVE

1. Head Shoulders Knees and Toes

Little ones can sing Head, Shoulders, Knees and Toes with a grown up to help them move their body and develop their language skills!

2. Balloon Balance

Can you balance a balloon on the tip of your finger? How long can you hold it for? For an extra challenge see how long can you keep it in the air!

3. Redefine Active

Being active doesn't have to mean moving, you can also keep your mind, or social life active! Try listening to a new podcast, learning a new skill or hanging out with friends!

