






Staying fit and healthy at home (EYFS)



Gross Motor	Fine Motor	Healthy																		
<p>-Cosmic Kids Yoga</p> <p>Relax and unwind with a yoga session! There are lots to choose from, 'Pokemon' to 'Frozen', 'Star Wars' to 'Trolls'. Just type in "Cosmic Kids Yoga" and choose your favourite theme!</p>  <p>Intensity: Low, Time 30-60 mins</p>	<p>-Shaving Foam Art</p> <p>-Get an adult to cover a table/work surface/sink with shaving foam,</p> <p>-Use the shaving foam to do the following things:</p> <p>-Write your name</p> <p>-Write the numbers 1,2,3</p> <p>-Draw a house</p> <p>-Draw your family</p> <p>Don't forget to help clean up after!</p> 	<p>-Vegetable watch</p> <p>Tick off any vegetables that you eat in a week</p> 																		
<p>-Animal Parade</p> <p>-Go on a journey to the jungle.</p> <p>-Move around your front room like an:</p> <p>Elephant (Big steps)</p> <p>Giraffe (Hands up high)</p> <p>Lion(All 4s)</p> <p>Snake (Tummy)</p> <p>Crab (Side to Side)</p>  <p>Intensity: low, Time: 15-20 mins a day.</p>	<p>-Finger gym</p> <p>-Use a crayon to go round the 'Crazy 8' race track below.</p> <p>-Can you go round 8 times?</p> 	<p>-Food as fuel</p> <p>-Try a different breakfast every morning and draw a picture of what you ate.</p> <p>-Circle a face for how you feel:</p> <table border="1" data-bbox="898 1339 1433 2134"> <thead> <tr> <th>Day</th> <th>Breakfast</th> <th>Results</th> </tr> </thead> <tbody> <tr> <td>Monday</td> <td></td> <td> </td> </tr> <tr> <td>Tuesday</td> <td></td> <td> </td> </tr> <tr> <td>Wednesday</td> <td></td> <td> </td> </tr> <tr> <td>Thursday</td> <td></td> <td> </td> </tr> <tr> <td>Friday</td> <td></td> <td> </td> </tr> </tbody> </table>	Day	Breakfast	Results	Monday			Tuesday			Wednesday			Thursday			Friday		
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