

NO SPECIFIC DATE



Here's a couple of Be Well activities you can complete at any time you fancy this term.

Stay Alert and Mirror Movements

Stay Alert

- 1) Before going out for a walk, talk about what makes it safe or unsafe to cross a road?
- 2) Where should we cross if we can?
- 3) Give some examples of where you shouldn't cross (between parked cars, on a bend)
- 4) It's time to walk, go out for a short walk, cross over at least 5 times. See if you can plan a route that means you can cross at traffic lights or a Zebra crossing.

send us a picture of you completing the task

Mirror Movements

You've been trapped in the mirror dimension by an evil warlock. Luckily your family member didn't get pulled through. Your only way out is to copy their moves. Can you keep up?

- 1) Stand opposite your family member
- 2) Copy everything they do, if they raise their hand, you need to follow as carefully and quickly as possible.
- 3) Yay!! You're free!! Can you have a go at leading some moves?
- 4) Well done! Can you jump as high as possible to get ready for our next adventure.
- 5) Play a few times, try different movements. Some fast and some slow, which get your heart pumping?

send us a picture of you completing the task