



# Stay at Home Activities

## Week 2



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What can I do when I  
have stay inside?

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7 Exercise Challenges



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7 Random Challenges



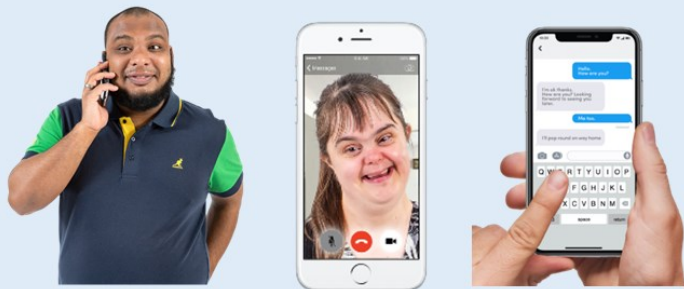
# What can I do inside?



**Keep active and  
do some exercise**



**Make something  
or do a challenge**



**Talk to people**

**Plan  
and  
Do  
Each  
Day**



**Relax and think  
of positive things**



# Today's Exercise Challenge!



**Do a bridge stretch.**



**Try doing each for 30 seconds**



**Hop on the spot.  
Remember to  
swap legs.**



**Do push ups from  
your feet or knees.**



**Stretch one leg  
at a time.**



# Today's Exercise Challenge!



Watch this video to learn  
the dance move.  
It's called **The Shamrock!**



[https://www.youtube.com/  
watch?v=8XTw\\_Hlmz4Y](https://www.youtube.com/watch?v=8XTw_Hlmz4Y)



# Today's Exercise Challenge!



**Try this 5 minute  
exercise video!  
It is easy to follow.**



[https://www.youtube.com/  
watch?v=q2NZyW5EP5A](https://www.youtube.com/watch?v=q2NZyW5EP5A)





# Today's Exercise Challenge!



If you have stairs, step up and down the first step.

Pick one of these to do for a whole song.



March around the room



Do some arm and leg stretches.



Run on the spot—make sure you move your arms too



# Today's Exercise Challenge!



Watch this video to learn the  
dance move.

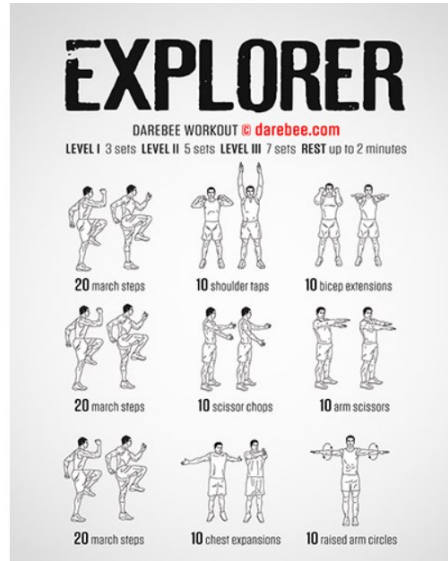
It's called **The Running Man!**



[https://www.youtube.com/watch?  
v=k22Bm2pMyD4&t=15s](https://www.youtube.com/watch?v=k22Bm2pMyD4&t=15s)



# Today's Exercise Challenge!



A website called  
**DareBee** have some  
great exercise cards to  
do. Pick one and tell us  
what you did!



[https://darebee.com/  
workouts.html](https://darebee.com/workouts.html)





# Today's Exercise Challenge!



**Do you remember  
the Cha Cha Slide  
dance from 2000?  
Have a go today!**



[https://www.youtube.com/  
watch?v=9JXHa5mM8b0](https://www.youtube.com/watch?v=9JXHa5mM8b0)



# Today's Random Challenge!

Can you guess  
the 4 objects?

Clue: Music



1



2



3



4



(Answers on last page)



# Today's Random Challenge!

E T A R U P

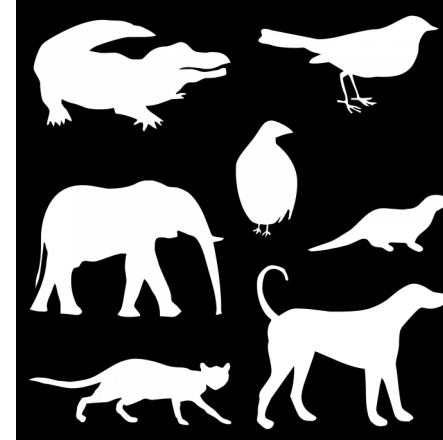
W S W D E E

C O R K K E

C A A O D H

G N T O H S

S R G O A T



**How many animal  
names can you find?  
There are 8.**

**(Answers on last page)**



# Today's Random Challenge!

Can you guess  
the 4 objects?

Clue: time to  
relax



(Answers on  
last page)

1



2



3



4





# Today's Random Challenge!

Can you guess these 4 songs?

1



2



3



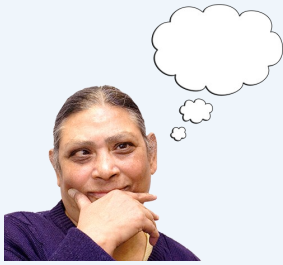
4



Try doing your own song in Emojis!

(Answers on last page)





# Today's Random Challenge!



**Knock knock who's there?**

*Frank*

**Frank who?**

*Frank you for being my friend!*



**Do you know any better jokes? Write them down and share with them with someone.**



# Today's Random Challenge!

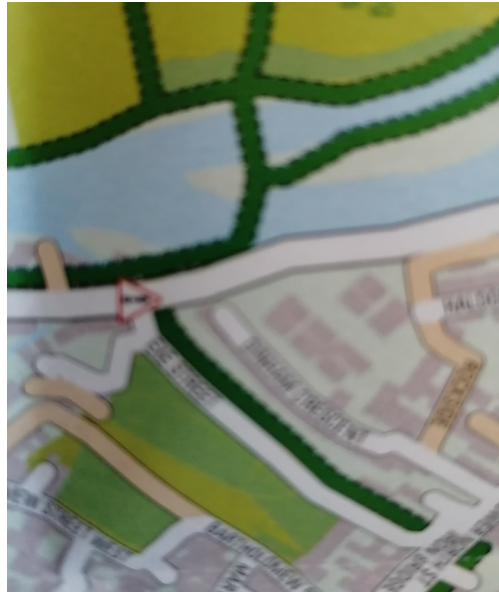
Can you guess  
the 4 objects?

Clue: Things you  
might need on  
holiday



(Answers on  
last page)

1



2



3



4





# Today's Random Challenge!



How many songs can you think of that have a number in the title?

Here's 2 to get you started:



**The Year 3000 by Busted**

**5,6,7,8 by Steps**

# Answers

**Guess the 4 photos. Clue: Music**

1) Piano or keyboard keys 2) Headphones 3) Guitar 4) CD

**Crossword**

cow sheep goat horse dog cat snake rat

**Guess the 4 photos. Clue: Relax**

1) Cup of tea or coffee 2) Remote control 3) Blanket 4) Candle

**Guess the 4 songs** 1) Dancing Queen 2) Eye of the Tiger  
3) Purple Rain 4) Walk this Way

**Guess the 4 photo. Clue: Travel** 1) Map 2) Sun Cream  
3) Sun glasses 4) Passport