



Stay at Home Activities

Week 3



Page 2



What can I do when I
have stay inside?

Pages 3-10



7 Exercise Challenges



Pages 10-17



7 Random Challenges



What can I do inside?



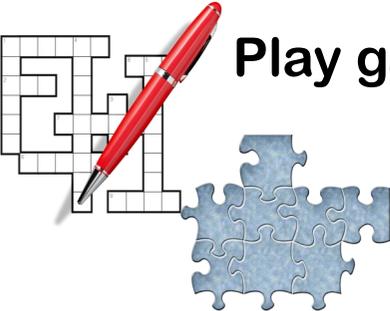
Exercise videos



Phone or video calls



Try a new recipe



Play games or do puzzles



Listen, sing or dance to music!



Draw or make something!



Today's Exercise Challenge!

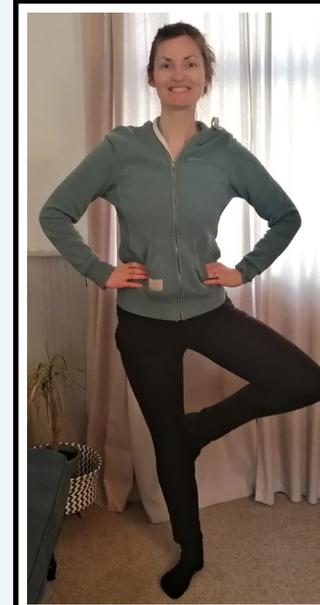
Do each yoga position for 30 seconds



1) Bend one leg and keep the other straight.



Then try again!



2) Stand on one leg. Put one foot gently on the side of your leg.
Switch legs.



3) Hands and feet on the ground.
Lift your hips as high as you can.



4) Kneel down and then bring your head and arms to the floor.



Today's Exercise Challenge!



Try one of Dance Syndrome's videos. There's a new one each day!



[https://www.youtube.com/
channel/UC7HCxumGLOPXF-
Jodw0gkjlw](https://www.youtube.com/channel/UC7HCxumGLOPXF-Jodw0gkjlw)



Today's Exercise Challenge!



Pretend you are starting a race and then run on the spot!



30 seconds of each



Sit down and stand up from a chair without using your hands.



Pretend you are playing a fast game of tennis! Swing your arm!



Touch your toes.



Today's Exercise Challenge!



Try this simple workout to keep your body moving. There's no sound so you can put on your favourite music!



<https://www.youtube.com/watch?v=kt7pkI4oeEY>



Today's Exercise Challenge!



Do 10 squats.

These use your leg and bum muscles!



Do 10 push ups.

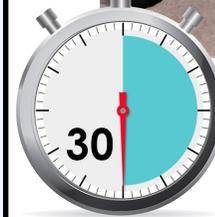
You can do them from your feet or knees.



Knees is a easier.



Do 10 sit ups. These will use your tummy muscles!



Do a plank for 30 seconds.
Keep your back straight and use your tummy muscles.



Today's Exercise Challenge!



The radio station 5 Live has made an exercise video called 10 Today! It is easy to follow and you can stand or sit.



[https://www.youtube.com/
watch?v=Da5aThnoCpl](https://www.youtube.com/watch?v=Da5aThnoCpl)



Today's Exercise Challenge!



I'm sure you know the
YMCA!

Follow the dance moves
on this video and I'm sure
it will make you smile :)



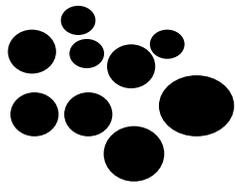
[https://www.youtube.com/
watch?v=oU4iTK7iJFs](https://www.youtube.com/watch?v=oU4iTK7iJFs)



Today's Random Challenge!



1) I get wet while drying. **What am I?**



2) I am full of holes but I can still hold lots of water. **What am I?**



3) I get smaller every time I take a bath. **What am I?**

(Answers on last page)

**Can you do your own
What am I question?**

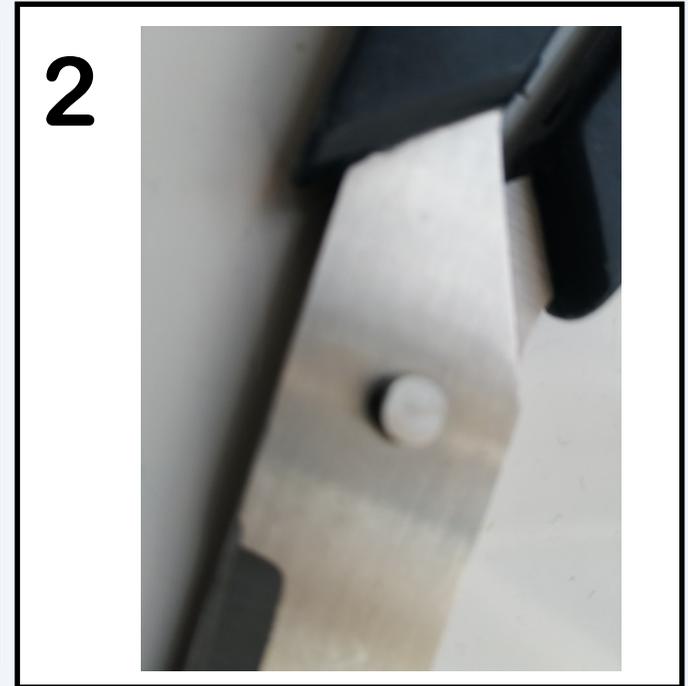
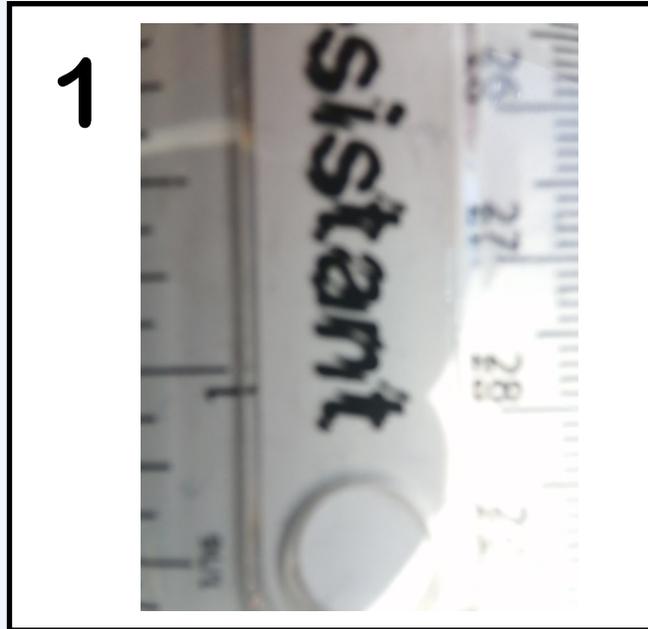
Today's Random Challenge!



Can you
guess the 4
objects?



Clue:
Art



(Answers on last page)



Today's Random Challenge!

h	s	s	a	r	g
i	s	d	a	e	s
L	e	o	r	v	u
L	e	g	l	i	n
s	b	s	h	r	b
s	e	e	r	t	v

Things that you might see out of your window or on a walk.

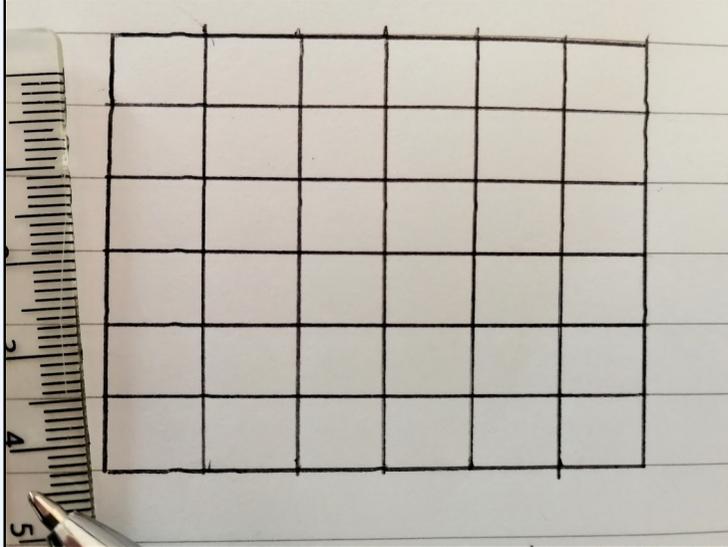


There are **9 words** to find in this wordsearch.

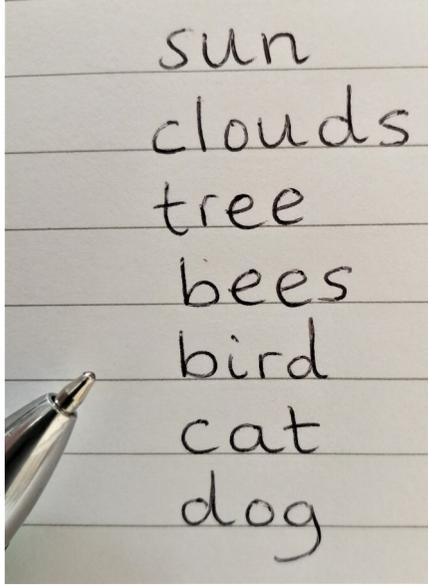
(Answers on last page)



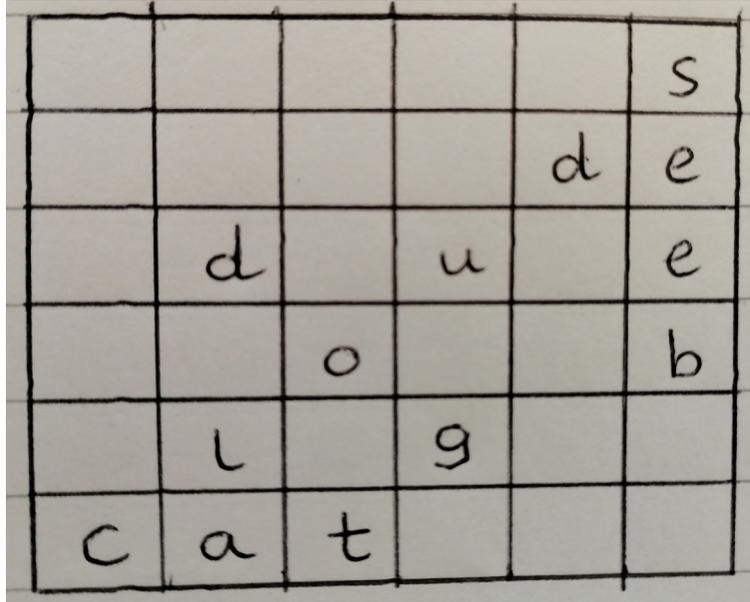
Make a Word Search Challenge!



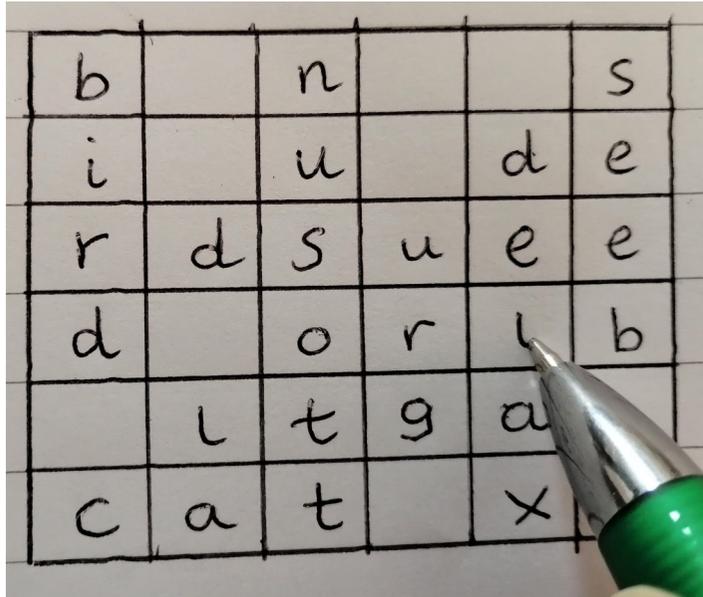
1) Draw a grid. I did 6 boxes across and down.



2) Make a list of words. You can pick words that are all to do with one thing like animals.



3) Copy the words in. Put them in different directions.



4) Fill the empty spaces with any letters.



Today's Random Challenge!

Can you guess the 4 films?

1)



2)



3)



4)



(Answers on last page)

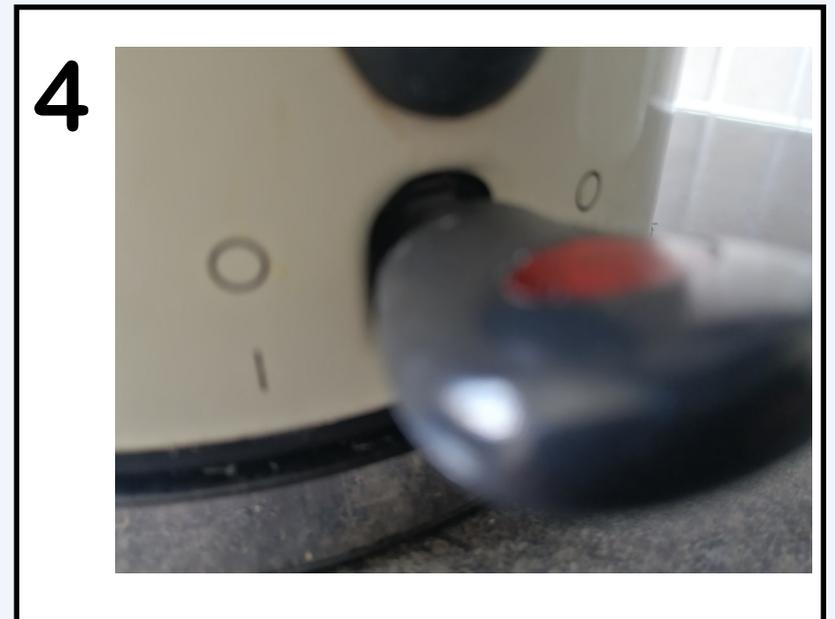
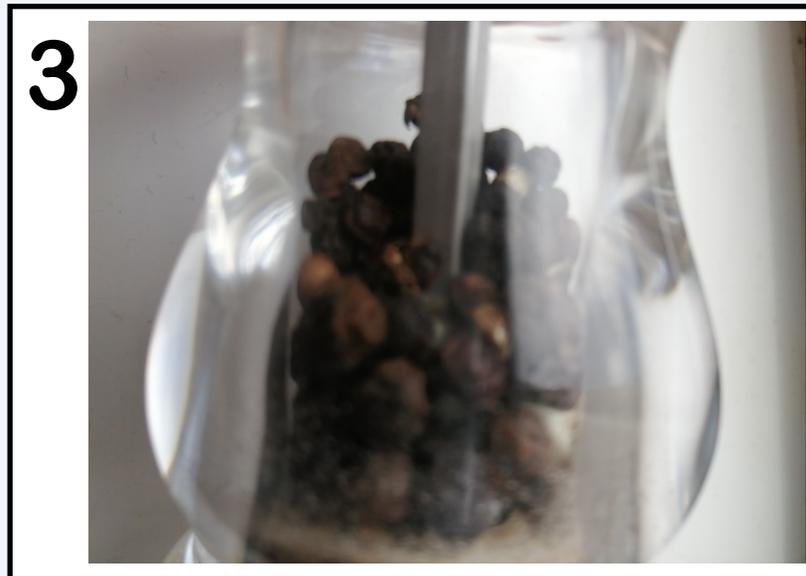
Today's Random Challenge!



Can you guess
the 4 objects?



Clue:
kitchen



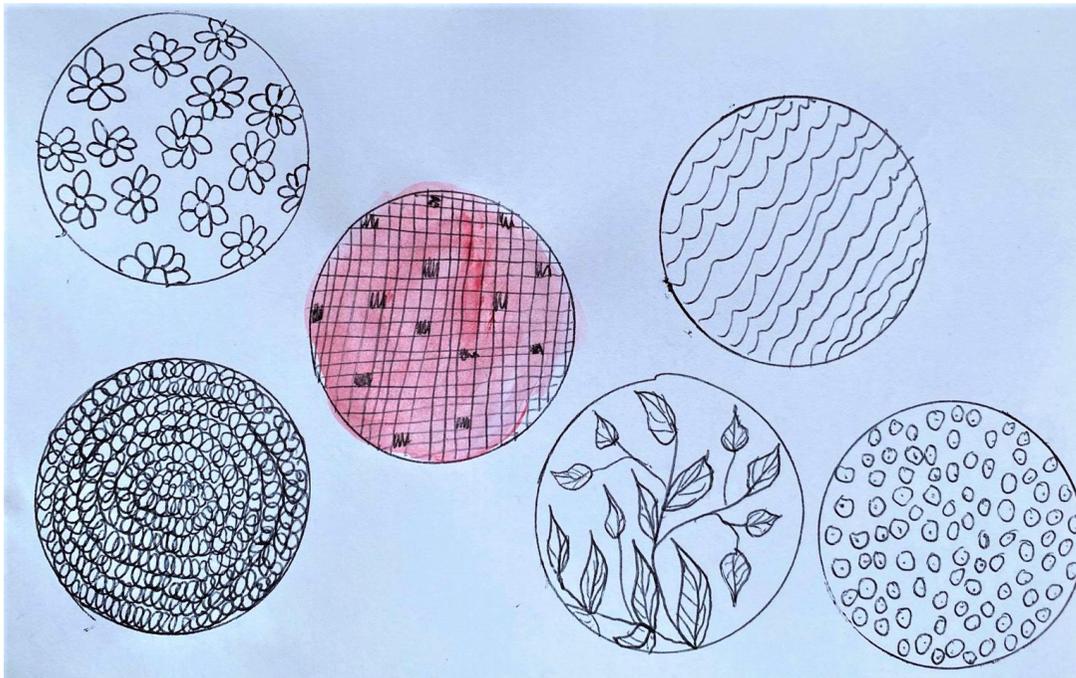
(Answers on
last page)



Try Some Relaxation Doodling!



1) Draw round an object to make a shape.



2) Fill the shape with doodles. You can do anything: dots, lines, flowers, leaves and anything else you like!

Answers

What am I questions?

1) Towel 2) Sponge 3) Soap

Guess the 4 photos. Clue: Art

1) Ruler 2) Scissors 3) Paint 4) Brush

Crossword

hills sun bees birds dogs trees grass sea river

Guess the 4 films 1) A Night at the Museum 2) Eat, Pray, Love

3) The Polar Express 4) Edward Scissor Hands

Guess the 4 photos. Clue: Kitchen

1) Oats or cereal 2) Banana 3) Pepper 4) Kettle switch