



# Stay at Home Activities



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**What can I do when I  
have stay inside?**

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**7 Random Challenges**




## What can I do inside?



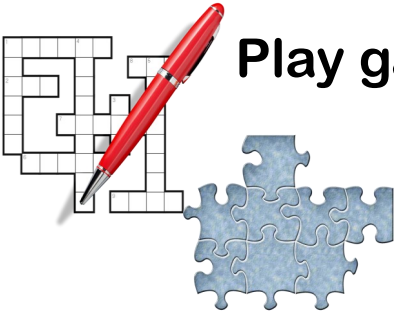
**Exercise videos**




**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!



**Run on the spot**



**Try doing each  
for 30 seconds**



**Pretend your  
swimming**



**Pretend your hitting  
a punch bag.**



**Touch your toes**



# Today's Exercise Challenge!



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



[https://  
www.youtube.com/  
watch?v=SUz4Jcvb0tw](https://www.youtube.com/watch?v=SUz4Jcvb0tw)



# Today's Exercise Challenge!



Put on a few of your favourite songs and dance around the room!



Tell us what songs you danced to!



# Today's Exercise Challenge!



Try doing each  
for 30 seconds



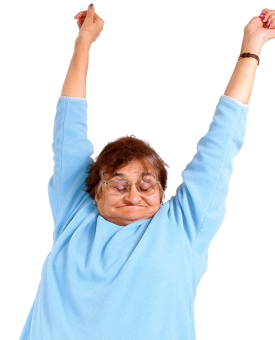
**Jump on the spot**



**Balance on  
one leg.**



**Use cans or bottles  
to do arms weights**



**Stretch your arms up  
as high as you can.**



# Today's Exercise Challenge!



**Try this 10 minute Get Fit Video.**

**Tell us which move you  
enjoyed the most!**



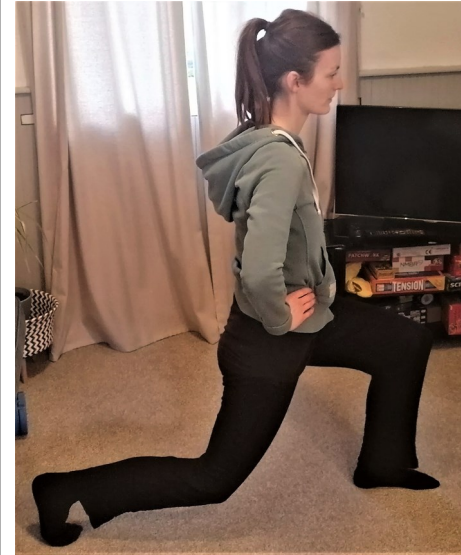
<https://vimeo.com/143846266>



# Today's Exercise Challenge!



**10 Star  
Jumps**



**5 lunges  
on each  
leg**



**10 arm  
leans  
over  
your  
head**



**30 Second  
stretch on  
both legs**





# Today's Exercise Challenge!



**Follow this fun dance to  
We Will Rock You!**

<https://www.youtube.com/watch?v=9HtRyc3ixrc>



**Try this harder dance to a  
Steps song called 5,6,7,8**

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

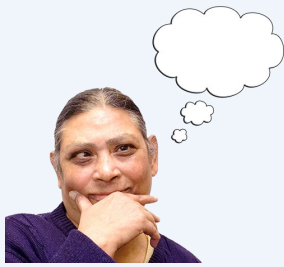


# Today's Random Challenge!

Can you guess the book from the emojis?  
It has also been made into a film...



Try doing your own story  
or film in 5 emojis!



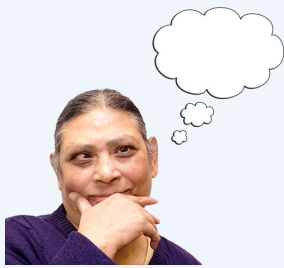
# Today's Random Challenge!



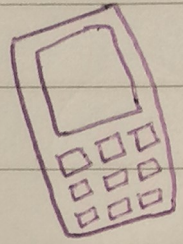
Patrick sent this message using dog's toys and other objects!



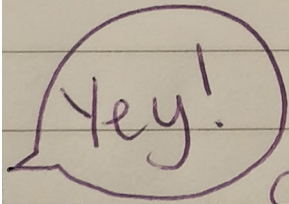
Send a message to us or your friends using any objects you can find.



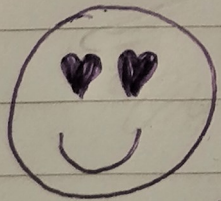
# Today's Random Challenge!



I have more time to talk to my friends.



I finished a Sudoku puzzle.

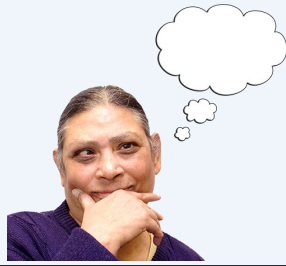


I can see lots of people helping each other.

**Write or draw 3 things you are happy about this week.**

**Here are mine!**

**Tell us yours or send a picture.**



# Today's Random Challenge!



**Write a funny poem  
about staying inside.**



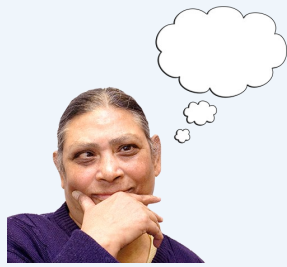
**Staying in could be boring**

**But I've made it fun and not so glum**



**Doing exercise videos after my Cheerios**

**Dancing around the room to my favourite tunes**

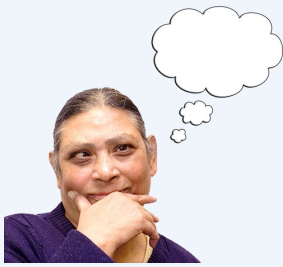


# Today's Random Challenge!

G M R Z X W  
T N U E O A  
H A I S A R  
U H H S I D  
D A N C E C  
L E T I R W

There are 10 words to find. They are all things you can do when you are inside!

How many can you find?



# Today's Random Challenge!

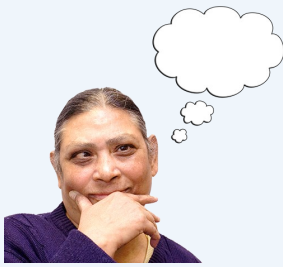


Learn the words to a song you like.



I am going to try Happy by Pharrell Williams :)

🔍 Words to Happy by Pharrell Williams



# Today's Random Challenge!



This is what I've been doing today.



Can you tell us about your day using emojis?