



# Stay at Home Activities

## Week 4



Page 2



### Planning Each Day

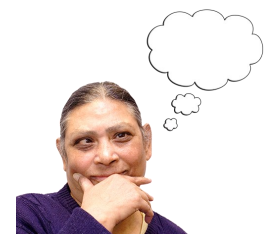
Pages 3-9



### 7 Exercise Challenges



Pages 10-16



### 7 Random Challenges

Pages 17



### Answers



**Keep active and  
do some exercise**



**Make something  
or do a challenge**

**Plan  
and  
Do  
Each  
Day**



**Talk to people**



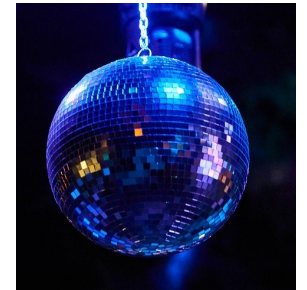
**Relax and think  
of positive things**



# Today's Exercise Challenge!



Here's an 10 minute  
dance workout with  
fun music from  
the 1980s



[https://www.youtube.com/  
watch?v=Xewf0Ecyrfs](https://www.youtube.com/watch?v=Xewf0Ecyrfs)

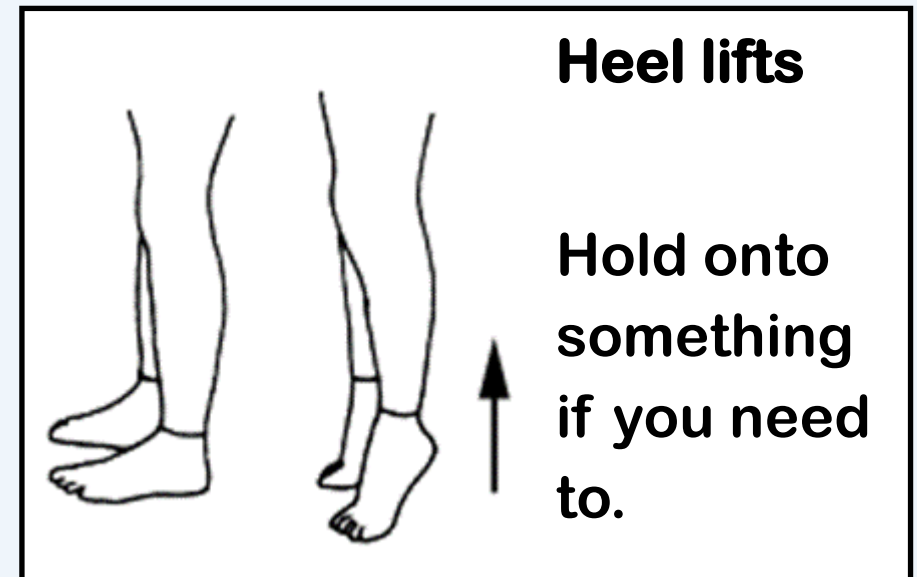


# Today's Exercise Challenge!

Try these 4 leg exercises indoors today!



They have been recommended an AGE UK Physiotherapist.





# Today's Exercise Challenge!



Put on some music and try this 10 minute exercise video. It really gets you moving and is easy to follow!

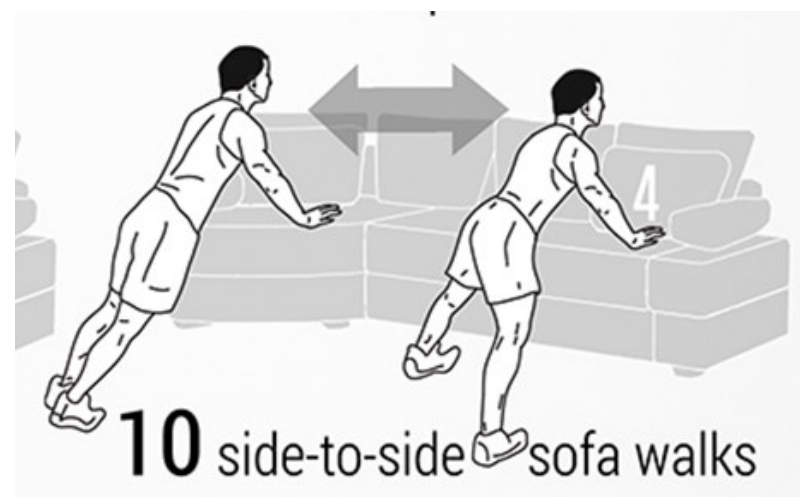
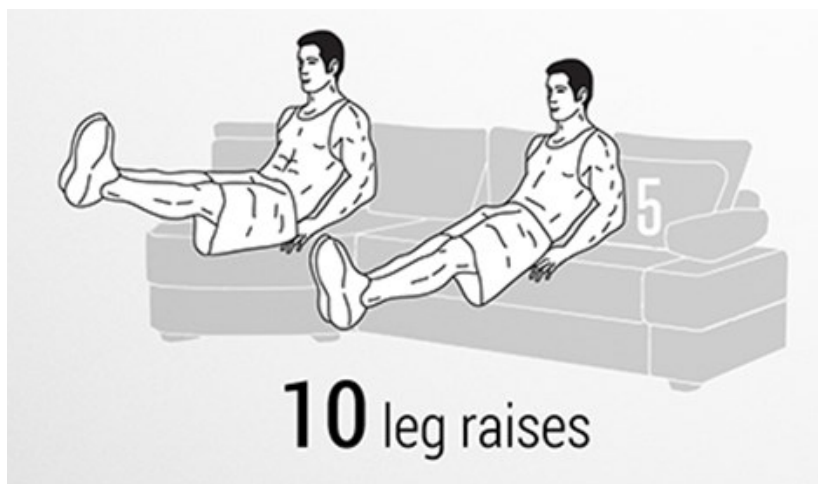
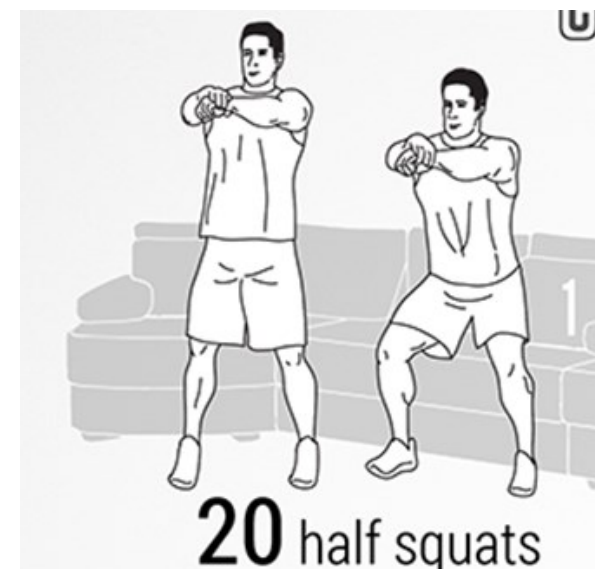
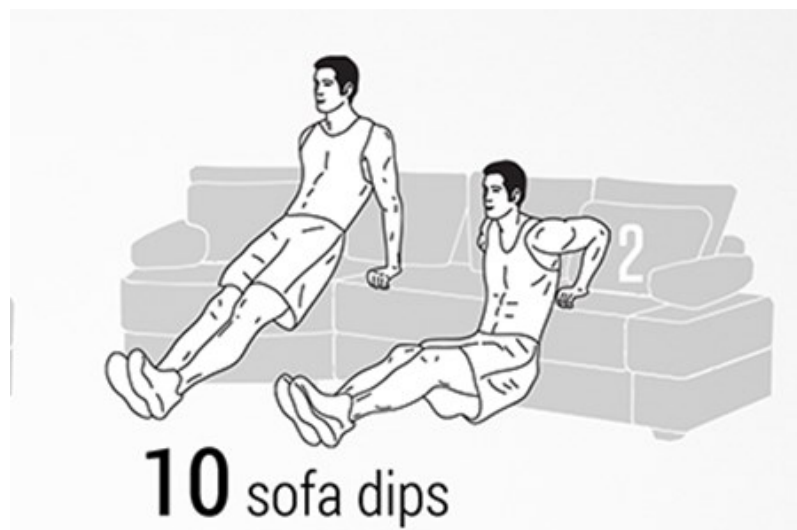


[https://www.youtube.com/watch?v=yv2XE\\_Ut3KU](https://www.youtube.com/watch?v=yv2XE_Ut3KU)



# Today's Exercise Challenge!

Try these 4 sofa exercises made by NHS Choices.



Click on the link for more: <https://www.nhs.uk/live-well/exercise/gym-free-workouts/>



# Today's Exercise Challenge!



Here's a 5 minute  
video where you  
**stretch your  
muscles to music.**



[https://www.youtube.com/  
watch?v=eWtnxOgV4S0](https://www.youtube.com/watch?v=eWtnxOgV4S0)



# Today's Exercise Challenge!



Try one of these 10 minute exercise challenges made by the NHS. Click on the links.

## Balance Exercises



<https://assets.nhs.uk/prod/documents/NHS-balance-exercise.pdf>

## Sitting Exercises



[https://www.nhs.uk/livewell/fitness/documents/NHS\\_sitting\\_exercise.pdf](https://www.nhs.uk/livewell/fitness/documents/NHS_sitting_exercise.pdf)





# Today's Exercise Challenge!

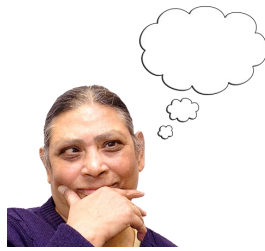


**This 5 minute Zumba video is fun and easy to follow.**

**It will also get you out of breath!**



[https://www.youtube.com/  
watch?v=o5soep1e8lk](https://www.youtube.com/watch?v=o5soep1e8lk)



# Riddles Challenge!

Questions to Make You Think...



1) I have 2 hands but I am not alive. What am I?



2) What is always in front of you, but you can't see it?



3) What goes up but never comes back down?

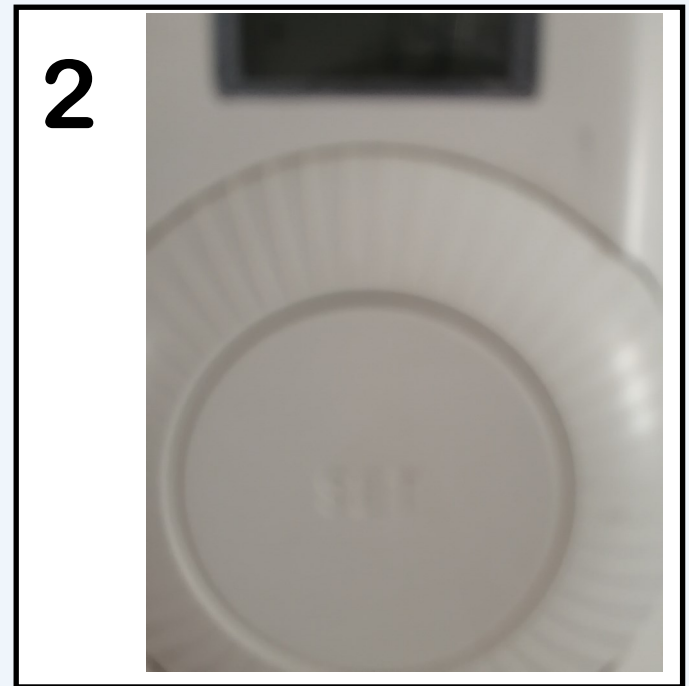
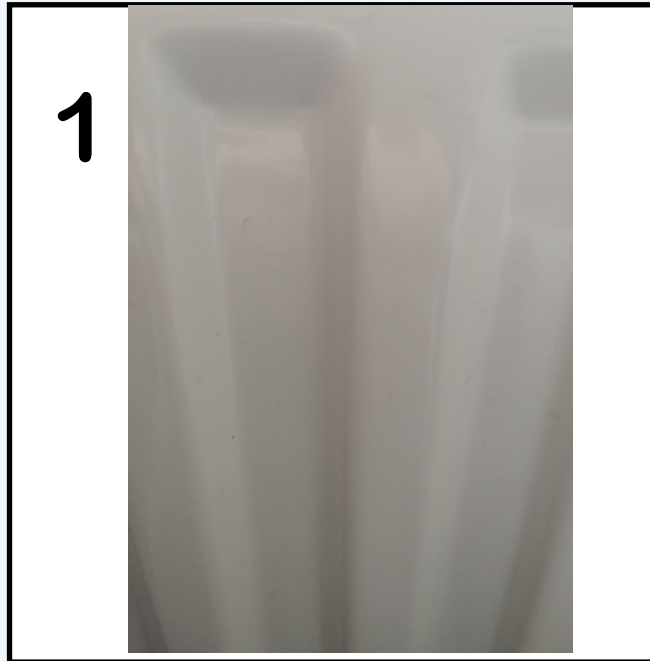
Can you do your own  
What am I question?

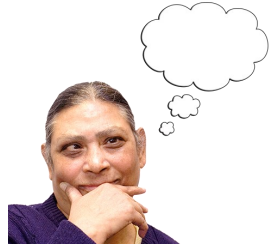
# Today's Random Challenge!



Can you  
guess the 4  
objects?

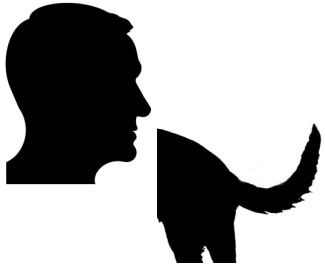
Clue:  
hot





# Tracie's Riddles Challenge!

Questions to Make You Think...



1) I have a head and a tail, but no face. **What am I?**



2) I am yours only once a year. You still cut me up with no fear. **What am I?**

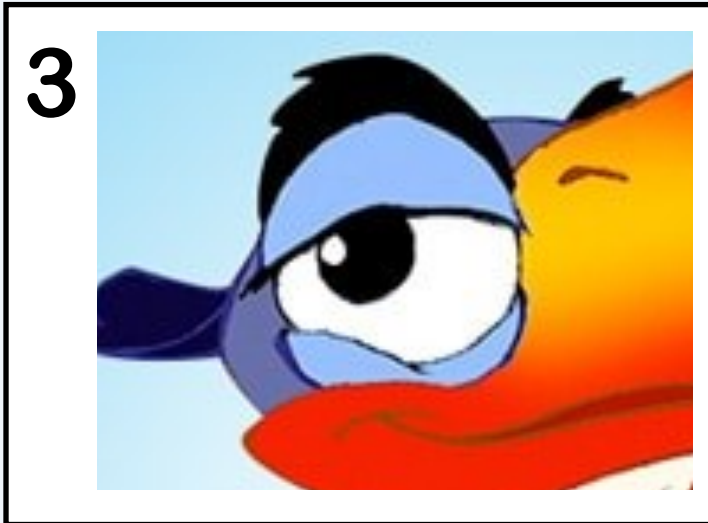
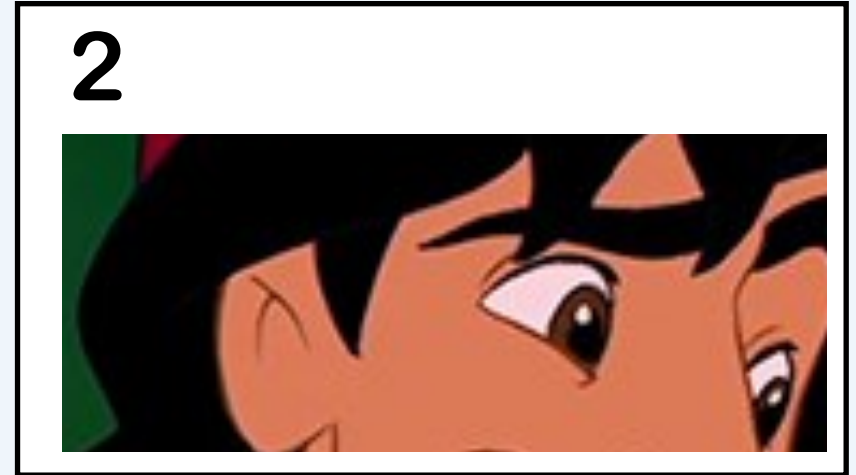
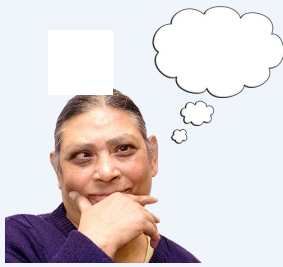


3) If I eat, I'm fine. If I drink, I die. **What am I?**

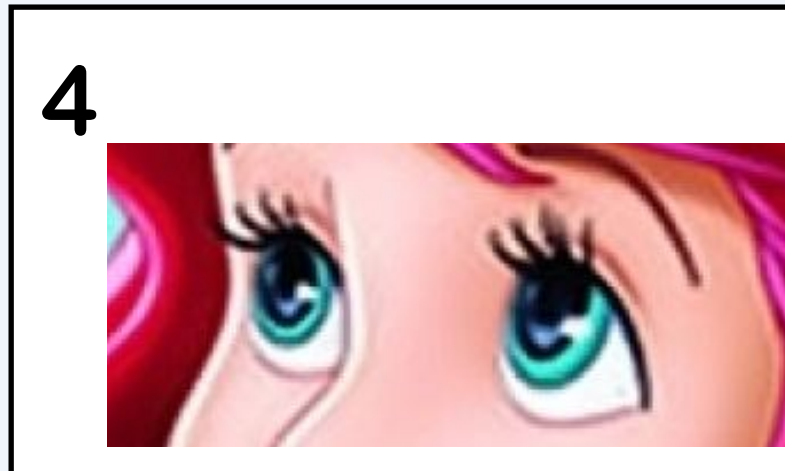
**Can you do your own  
What am I question?**

# Today's Random Challenge!

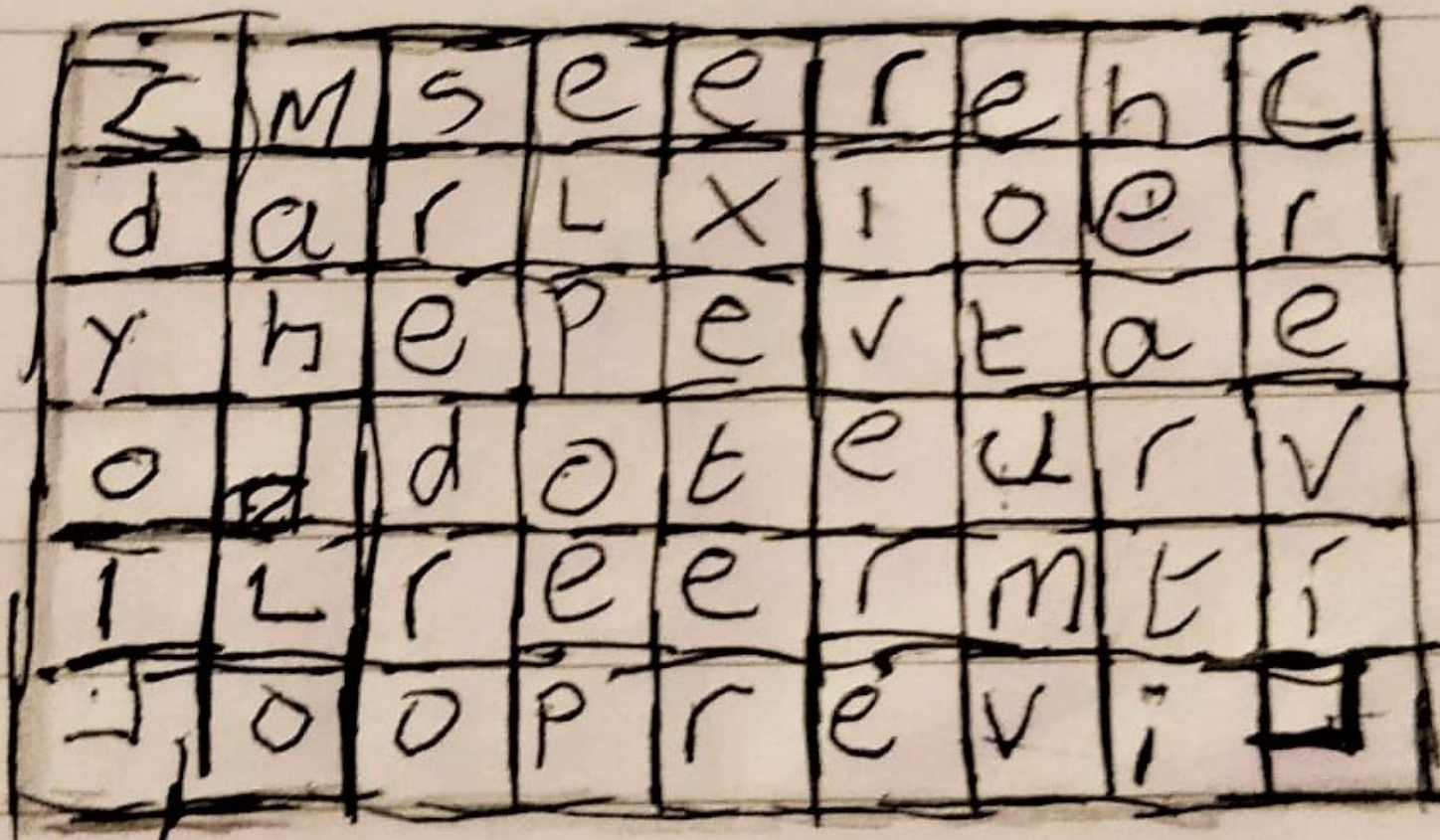
Can you  
guess the  
Disney  
characters  
from these  
pictures?



Disney



Mix up Wordsearch Good Luck



**Steve has  
put 9  
words in  
here. How  
many can  
you find?**



### Clues

1 popstar

3 body parts

1 football team

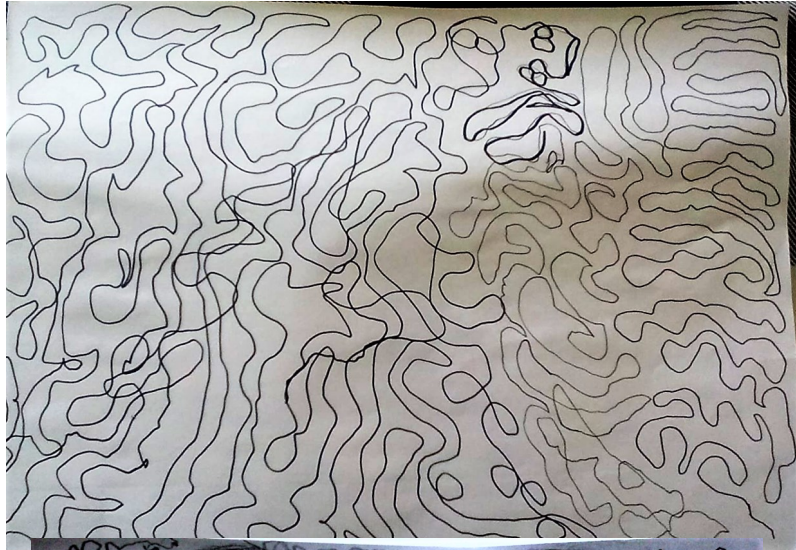
1 city

1 town

2 things that you do in a restaurant

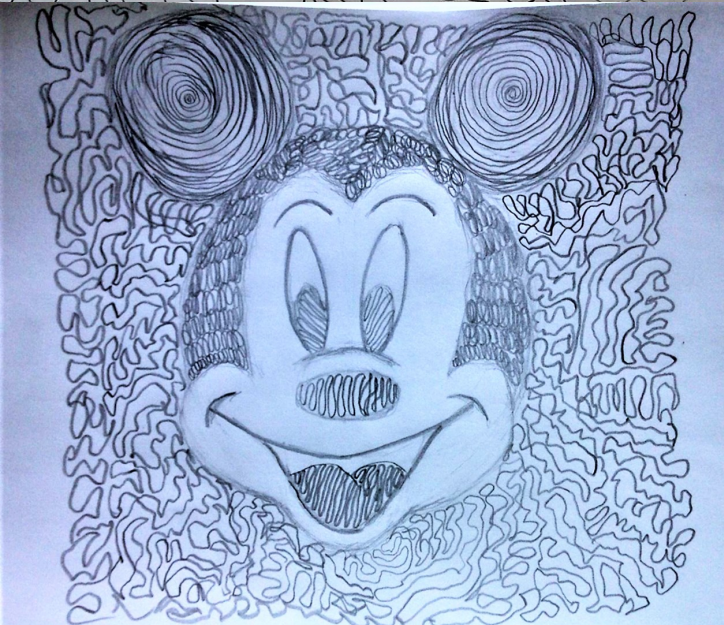


# Try a Never Ending Line Drawing!



**Draw a doodle where the line never stops!**

**This one is by Patrick.**



**You can even try copying or drawing something you like.**

**This one is by Tracie.**



# Music Challenge!



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

**Here's 1 to get you started:**



Red



Orange



Yellow



Green



Blue



Purple

**Yellow Submarine  
by The Beatles**



# Answers

## What am I questions?

1) Clock 2) Future 3) Age

## Guess the 4 photos. Clue: Art

1) Radiator 2) Thermostat or heating dial 3) Lamp 4) Oven dial

## Tracie's Riddles Challenge

1) Coin 2) Birthday Cake 3) Fire

## Disney Characters

1) Donald Duck 2) Aladdin 3) Zazu 4) Ariel 5) Baloo

## Steve's Word Search

Cher toe heart liver Exeter Liverpool Oldham Order Eat