

**GET ACTIVE AND MOVING PLAY 'SIMON SAYS' WITH THESE FUN ACTIVITES**

**Being Active improves our Physical and Mental Wellbeing**

<p><i>Shake your whole body for a count of 15</i></p> 	<p><i>Jump up and down 10 times</i></p> 	<p><i>Lie on your back and pedal your legs in the air like you are on a bike</i></p> 
<p><i>Hop on your right foot 10 times</i></p> 	<p><i>Hop on your left foot 10 times</i></p> 	<p><i>Wave your arms above your head for a count of 15</i></p> 
<p><i>Hold your arms out at your side and make circles with them in the air</i></p> 	<p><i>Balance on your right foot for a count of 10</i></p> 	<p><i>Balance on your left foot for a count of 10</i></p> 
<p><i>Do 10 jumping jacks</i></p> 	<p><i>Try and touch the clouds for a count of 15</i></p> 	<p><i>Get a skipping rope and do 10 skips</i></p> 