

28 Days Fitness challenge

Kids

Exercise is important for your mind and body. It gets your blood pumping and releases good chemicals called endorphins.

Regular exercise can improve your mood, reduce stress, and boost your energy. Plus, it gives you a sense of control when life feels overwhelming.

Here are 28 days of activity you could try and do.

- ✓ Tick off each activity once you've done it!
- Go for a walk
- Two minutes of jumping jacks
- Touch your toes 10 times
- Play a game with friends
- Do a Joe Wicks YouTube video
- Try out one of the five sibling support yoga videos
- Run 200m
- Practise your rolpolys
- Hide and seek
- Run on the spot
- Do 10 press ups
- High knees
- Long Jump
- Go for a bike ride
- Try out another sibling support yoga video



Scan me!

- 2 minutes of stretching
- Spin jumps
- Kick a ball around, can you do a keepy uppy?
- Hopscotch
- Hula hoop
- Swimming
- Throw and catch a ball for 10 minutes
- Temper tantrum - stomp your feet
- Throw a ball, practise your aim, pick a target such as a can, bottle etc. Can you knock it over?
- Practise handstands
- Dancing - put on your favourite song and boogie
- Test your balance- how long can you balance on each leg?
- Skipping

Don't have a ball?
Try a rolled up pair of socks

Don't push it, some days you might not feel up to it and you should have a break if needed.