

Exercise and Movement

Whether you are doing your school work at home or school, it is important to move your body often. This can help you feel energised and focused. Here are some simple movements to do.

- **Neck and shoulder rolls for 10 seconds.**
- **Pretend you are an octopus and wriggle your whole body for 10 seconds.**
- **Touch your toes 10 times.**
- **10 star jumps**
- **March around the house.**
- **Play your favourite song and dance around the house.**
- **Hop on one foot 10 times. Repeat on the other foot.**
- **Stretch your arms above your head and hold for 10 seconds**
- **Stretch your arms out to the side and hold for 10 seconds**
- **Stretch your arms behind you and hold for 10 seconds**
- **Stand on one foot and hold your other foot behind you for 10 seconds. Repeat for other foot.**

