









## Being Active: Strength Exercises

Complete these activities

 10 scissors	 12 star jumps	 Sprint on the spot for 30 seconds
 8 twists	Free Choice	 5 crunches
 Knee high jog on the spot for 30 seconds	 6 push ups	 8 high knee lifts

## Mindfulness: Doodling

Grab a pen and paper and doodle away to your heart's content.



## Brain Workout: Tying a tie

Ask Dad if you can borrow one of his ties...put it behind your neck and start tying ....you may like to look in a mirror...

### Simple Tie Knot Tutorial



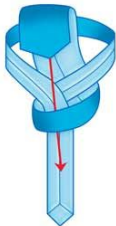
1 Put the wide end under the thinner one



2 Pass it to the right side



3 Pass it through the big loop



4 Pass it through the central wrap



5 Bring it out completely

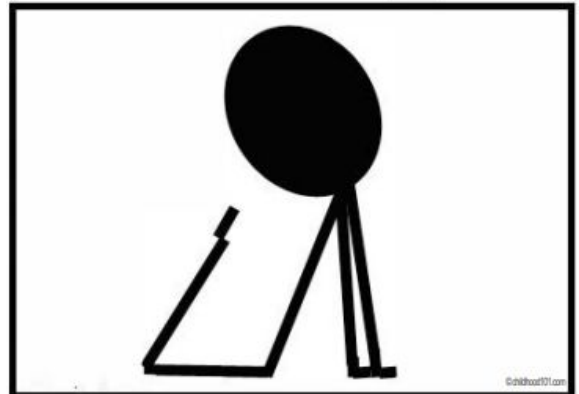
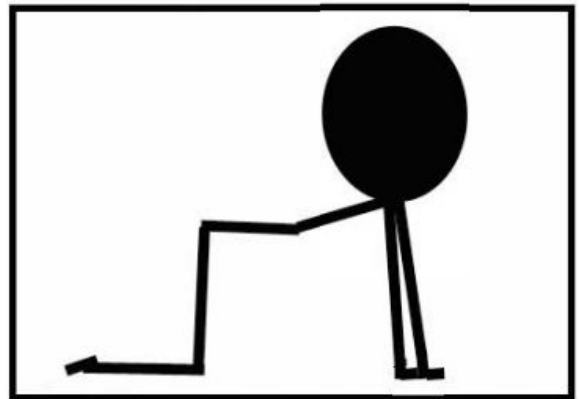


6 Tighten by sliding up the knot to the collar

101KNOTS

## Mindfulness: Yoga Poses

Practise holding each of these yoga poses for 1 minute...slowly breathing in and out.



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