

# Staying fit and healthy at home (EYFS)





# -Cosmic Kids Yoga

Relax and unwind with a yoga session! There are lots to choose from, 'Pokemon' to 'Frozen', 'Star Wars' to 'Trolls'. Just type in "Cosmic Kids Yoga" and choose your favourite theme!

Gross Motor



Intensity: Low, Time 30-60 mins

## -Shaving Foam Art

-Get an adult to cover a table/work surface/sink with shaving fo am,

Fine Motor

- -Use the shaving foam to do the following things:
- -Write your name
- -Write the numbers 1,2,3
- -Draw a house
- -Draw your family

## Don't forget to help clean up after!



#### -Vegetable watch

Tick off any vegetables that you eat in a week

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## -Animal Parade

- -Go on a journey to the jungle.
- -Move around your front room like an:

Elephant (Big steps)

Giraffe (Hands up high)

Lion(All 4s)

Snake (Tummy)

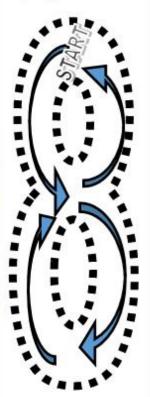
Crab (Side to Side)



Intensity: low, Time: 15-20 mins a day.

#### -- Finger gym

- -Use a crayon to go round the 'Crazy 8' race track below.
- -Can you go round 8 times?



#### -Food as fuel

- -Try a different breakfast every morning and draw a picture of what you ate.
- -Circle a face for how you feel:

Day	Bre akfast	Results
Monday		<b>:</b>
Tuesday		<b>**</b>
Wednesday		<b>:</b>
Thursday		<b>:</b>
Friday		<b>***</b>