

Hakative

Healthy • Active • Kids



At Home

by Emma Seymour

In Partnership with:



Healthy Active Kids

Why Be Active?

Being physically active is so well researched and documented but here are some brief reasons to get started:-

1. It can make you feel better.
2. It can help your body function better, be stronger, be fitter, be more flexible.
3. It can improve the quality of your sleep.
4. It can help with concentration on tasks.
5. A healthy body nurtures a healthy mind and vice-versa.

For more reasons visit our blog www.Hactive.com/blog

Hactive at Home provides lots of active challenges using every day items, your imagination or just your body in different ways.

So what's not to like - take the Hactive Challenge.

I hope you enjoy this pack and have many hours of active fun with your children.

Let's get hactive!

Emma



Contents

This book is divided into 7 main sections plus an activity tracker at the end to note down what you've done:

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Every challenge is numbered so you can work through them or pick a number at random (1-116), so it's a surprise as to what you get.

Disclaimer

This resource is intended to be used under constant adult supervision. The ideas are all intended to be adapted to your own environment, surroundings and fitness levels. They are purely suggestions to get you started.

We can accept no liability or responsibility for any damages or injuries that might occur as a result of using this resource. This is the responsibility of the supervising adult.

Ball Challenges

Ball challenges are brilliant individually or in pairs or families. They are great for practicing hand eye coordination and communication skills. They can also be easily adapted to ensure there is challenge for everyone, just by changing the size of the ball, or distances apart or numbers of successes.

*When doing ball challenges always choose a ball appropriate to the age and ability of your child/children. Larger balls are easier to catch than smaller ones, but small ones provide lots of challenge. Bouncy balls even more challenge.
Have fun with it.*

1. Pass a ball (or balled up pair of socks) from one hand to the other. Increase speed, distance, height. How many can you do in 1 minute?
2. Roll a ball along the floor and move it in and out of cones/ tins/ teddies placed on the floor. Use your hands first then use your feet if you are really careful.
3. Throw and catch the egg, moving it from one hand to the other. Increase distance and height. Outside activity but creates more challenge ;-)
4. Throw a ball (or paired socks) above your head, lean forwards and try to catch it on your back. (The bigger the ball the easier it is - could start with a balloon).
5. Throw and catch a ball. Add a second ball and both people throw and catch at the same time.
6. Donkey - Pass a ball (or toy) to each other, if someone drops it they get the letter D, if they drop it again an O until Donkey is spelt. The first to spell Donkey loses. Consider the distance apart you are (the further the harder) and the size of the object (the smaller the harder).

Ball Challenges

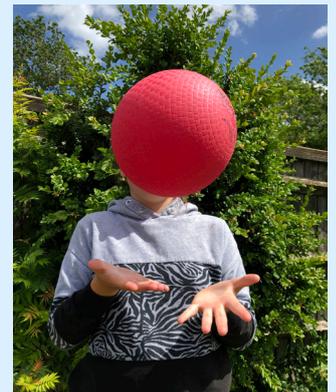
7. Catching - have a ball in one hand and throw it to the other hand. Or rebound against a wall, using alternate hands. Count how many bounces in 20, 30 seconds, 1 minute. Record it, compare it, beat it.

8. Keepy Uppies - use any ball or balloon and using just your feet keep it off the floor. How many can you do in 30 seconds, 1 minute? Challenge the whole family or try to beat your score.

9. Put a score on a paper (appropriate to your child's age, 1,2,3: 5,10,15: 2x4, 3x5, 6x2 etc). Place them in a circle around a central point where you have a collection of throwing items e.g. ball, socks, teddies. Throw the items one at a time at a target, if it lands on it add the points together. So many variations of this to adapt, suit and challenge your children.

10. Roll a ball along the floor and then catch up with it and pick it up and run back to the start. Vary the power of the roll and so speed. If playing with 2, one rolls and chases then throws back and the other repeats.

11. Throw the ball high in the air - try to clap your hands, turn around, touch the floor, do heads, shoulders knees and toes before you catch it again.



12. Throw the ball over your head and backwards a bit, turn and catch after the bounce. If you can, try to catch it before it bounces.

13. Kick a ball from one foot to the other, walk then run, put your foot on top of it and drag it back, changing direction and continue. Start slow and get quicker.

Ball Challenges

14. Hand tennis - lay a line of markers across the middle of a playing space, with a flat palm bat the ball over the line, if your partner can't return it you win the point. You can make up your own scoring systems. You can always do it inside with balloons too which is fun.



15. Face away from playing area, roll ball between your legs, turn chase, control and dribble ball back to the start. Repeat and add more force to your roll.

16. Get permission to do this first, but find some wall where you can rebound a ball. Try underarm, catch it after a bounce then before it bounces. This really requires working out how hard to throw the ball and where to be stood to receive it. Try bouncing the ball on the floor to hit the wall then catch it. For more challenge have a ball in each hand and do one hand then the other, then try throw, catch sidestep(one hand), throw catch return(other hand). For more challenge again have your hands up by your shoulders and repeat above (depending on the wall space you have).

17. Do keepy uppies with a flat palm of your hand, changing hands and turning your palm over. Can use a ball or balloon.



18. Toe Taps - Get a large ball, stand with one foot by the side of it and the other toes on top, with a little jump switch feet over so the other toes touch the top.

19. Lay 5 or more markers on the floor in a line but spaced out. Dribble the ball using both feet alternately around the cones and back to the start. Move the markers further out to the sides and dribble around them again. Keep the ball close to your feet.

Ball Challenges

20. Lay 4 markers down to make as big a square as you can (having space to run around them). Dribble ball around outside of them, then the inside and keep alternating. Dribble one side of square, then tap ball to the next marker, dribble to next marker and tap to the last.

Go clockwise and then anti-clockwise and ALWAYS use both feet to control the ball.

21. Make a goal in your playing area. Place markers different distances in front of it but at different angles. Shoot the ball from each marker. Aim for the corners. Move the markers around to make it more difficult or reduce the size of the goal. Then try moving away from the markers and dribbling the ball towards them to shoot. Try using both your right foot and your left foot.



22. Football golf - Place markers at various points in your playing area. With a ball see how many kicks it takes to hit the marker. Note down your score, now stand on that marker and try to hit the next marker, note down your score until all markers have been hit. If more than one person playing, the one with lowest number wins.

23. Set up two goals at opposite ends of your playing area (The bigger the easier, small harder). Each person stand in front of their goal and place the ball in the middle of the pitch. When someone says play both people run towards the ball control it and try to get it in their attacking goal (opposite to where they start). Once the goal has been scored re-start as before. Take care not to bump into each other, to make it easier place the ball closer to one player.

Ball Challenges

24. Ball chase - Place a large ball in the middle of your playing area. 5 steps back and a little pile of throwing things, e.g. small balls, little teddies, toilet rolls.

Try to throw the items to move the ball further away from you.

Could have a line to cross or children stood opposite each other but only collect items when neither are throwing.

25. Relays - have a ball and as many people as you can standing in a line.

- Pass a ball between your legs, then next person over your head until travelled the line, the end person then runs to the front, until whole line has moved to the front or travelled to end marker.
- Pass the ball from side to alternate side down the line.

26. Place lots of 2 markers a short distance apart around your playing area, to make little gateways.

- Run through the gateways. Dribble the ball through the gateways.
- Run with a partner to a gateway and pass the ball through it, with hands or feet. Dribble to next.

How many can you do in 1 minute?



Ball light trail

Games

Games can be just good fun. They develop communication skills, spatial awareness and in some cases leadership. They could develop numeracy skills if points and scoring is involved.

27. Play hotter and colder - hide a teddy/car somewhere and by using commands of hotter and colder, guide the finder to the eggs hiding place. (hotter is nearer, colder is further away).

28. Have a pile of toys, (teddies, pencils, tins) then as far as you can get away from them have a starting point. By getting one item at a time see how quickly you can retrieve all items to your starting point. Then see how quickly you can put them back. Could time it and try to reduce that time.

29. Toilet roll skittles - place your toilet rolls in any pattern depending on how many you have. Set a starting point and roll a ball to knock them down, have 2 rolls per turn and keep a score.



30. Place a box, wash basket or towel on the floor in a central spot - divide the toilet rolls between the players (can colour code them if you wish). Take it in turns to throw a roll into the box. Can have same or different starting points, but do move away from the box to make it harder.

31. Sock Tails - Place 2 socks in your waistband. Try and get the other person's socks without them getting yours. Do it in timed sections (restart with 2 socks), try to get from one end of an area to the other, have extra socks or could have a selection of toys each and try to get each others.

32. Rock, paper, scissors - 2 people face each other in the middle of the biggest space you have. Whoever loses rock, paper, scissors has to turn and run away, the winner has to try and catch them. First to 10 wins.

Games

33. French Cricket - if you don't have a bat use a frying pan or dozen egg box. Batter is in central position (and stays there) fielders try to bowl ball to hit batter below knees if they do or catch hit they are now the batter. Bowl from where ball lands.



34. Shipwreck - A calling game, in an area decide a bow (front), stern (back), port (left) and starboard (right). Person has to move quickly to the call. Add climb the rigging (arms and legs moving up and down), Captain's coming (salute), scrub the decks (crouch down). There are many more or you can make your own up.

35. Throwing golf - Place markers at various points in your playing area. With one ball each see how many throws it takes to hit the marker. Note down your score, now stand on that marker and try to hit the next marker, note down your score until all markers have been hit. Person with lowest number wins.



36. Noughts and crosses. Lay some socks out in a line or skipping rope, ribbon or string to make a grid, 3 x 3. Have your own markers e.g. tins, pegs, socks, toy cars. Stand opposite each other and away from the grid, take it in turns to play and run back to your start point. First with a line of 3 wins.



37. Frisbee - with a frisbee, paper disc or plastic plate try frisbee. Hold it close to your tummy and fling it out pointing to where you want it to go. Make targets to try and hit.

38. Play Simon Says - remember only do the action if Simon Says. Some activities could be: jump in the air, touch your toes, twist your body, make star shape, jump up and down, stand on one foot, 5 jumping jacks, the list is endless.

Games

39. Beans - Play a calling game where you run around and someone calls out a type of bean and you all do it.

For example:

Jumping Bean - jump up and down

String - Stand tall and straight, arms up

Baked - Curl into a ball

Broad - Arms and legs as wide as you can.

What beans can you think of?



40. Make your own twister.

Depending on the age of your children, it could be colours, letters or numbers (the numbers could also be multiples).

Lay them out either in a grid (can use feet or hands or both) or a circle where you are in front support shape with your feet in the centre and hands moving around circle to the correct colour/number.



41. Make an obstacle course, easy to start with.

Blindfold one person and either lead by the hand the blindfolded person around the course or very carefully give specific instructions of where and how to step.

This really develops trust, so start easy and build it up.

42. Rollerball

Have 2 teams and 1 large ball.

Have to roll the ball to your team members and try to get it over an end line but you cannot move with the ball. (This helps looking for space).

If you have an odd number of players, 1 person could be on both teams.

43. Box of tricks

Make a box of bits and bobs, e.g. balls, tins, skipping rope, string, teddies, cars, pencils, bats (if you have them, egg boxes if not).

The challenge is for them to make up a game but give them some criteria:

e.g. 1. You must have to run in the game. 2. You must catch something.

3. You must jump. 4. You must keep a score.

Games

44. What's the Time Mr Wolf

- Mr Wolf stands at one end of your playing area, not facing children.
- Children line up at the other end and say 'What's the time Mr Wolf?'
- Mr Wolf Says a time, e.g. 5 o'clock and the children have to take 5 paces towards him, trying to get close.
- If Mr Wolf says 'Dinner time', he chases them and tries to tag them then they're Mr Wolf .

45. Body Parts

Jog around your playing area. A caller, calls out a body part and the jogger have to touch that body part to the floor. If more people can find a partner and both contact that body part. Change the way they travel around the space. Change the caller.



46. Scavenger Hunt

Challenge your children to find various things as quickly as they can from around the house or garden. Or as many things from a list in a certain time.

For example: 5 green things, something with 'B' on it, something round, something soft/hard, 5 to touch, 4 to see, 3 to taste, 2 to hear, 1 to taste

47. Treasure Chest

Have 2 areas opposite end of your playing area.

Have a pile of toys/items at one end.

How many can you collect in 30 seconds and return to start area.

Travel in different ways. Balance on your head.

At the chest, throw and catch 3 times before returning.

Could allocate points for smaller items

48. Traffic Lights

Have something red, amber and green to hold up. Jog, skip, hop, side-step around your playing area. If it's Red - Do a stretch Amber - skip Green - Sprint. Can change the activities.

Running

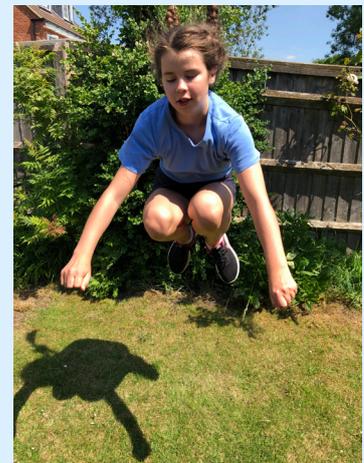
56. Running Circuit - mark an area as big as you can but safely, where you go round once then figure of 8 then round again. Try speed walking, jogging, hopping (change foot), side steps (change leading leg), lunge dodge at a marker.

57. Have a start marker and as far away as you can have an end marker. Run to the end point and back, then do skipping, hopping, monkey crawl, side steps etc. Could time it, 1 run, 5 runs, 10 runs and try to reduce that time.

58. Place 4 cones at the start marker and one as far away as you can. How quickly can you get the cones to the end cone, carrying only one cone at a time?

59. Shadow Tag

When the sun shines, shadow tag is a fun way to run around. Have enough space to see your shadows clearly and chase each other around trying to stand on their shadow.



60. Netflix

Travel around your playing area. These different calls give instructions:

Play - move around area

Fast Forward - move very quickly

Rewind - move backwards

Pause - hold position completely still

Record - Repeat a small action e.g. jump

Running

61. Memory Box

- Place 4 different items in a square as big as your playing area allows. e.g., tin, pasta, teddy, socks.
 - Stand in the middle of the square, someone calls 3 items in order and you have to run to those items in that order.
 - Increase the number of items to remember and run in order.
- How many can you get?

62. Travelling

How many different ways of travelling can you think of?
Do them all around your playing area. (I can think of 15)

63. Blast off

Have a clear running space, with a start and end marker.

At the start, get ready, and count 5,4,3,2,1 Blast off.

On Blast off run as fast as you can to the end marker and walk back to the start to repeat. Can change the distance, time it or add things to jump over.

64. 1,2,3

Jogging around your playing area, 1 person calls out a number. If it's

1 - jump in the air

2 - touch the floor

3 - dodge (put weight onto one foot, push off that foot and go the other way).

Take it in turns to call. Change the numbers to be different activities or different ways of travelling. Say the numbers quickly.

65. Usain Bolt

His 100m world record is 9.58seconds! (as of 2020)

Measure out 5m (5 large steps) with markers either end.

How many times would you have to run up and down to make it 100m? Time it. See how close to the world record you can make it. (if you have a bigger space make distance bigger).

Strength and Balance Challenges

These challenges are only a bit of fun and should be done carefully.

66. Sit on a chair, stand up and reach up then sit back down, repeat 20 times or more. You could try from sitting on the floor too.

67. Spiderman legs - hold a front support position. Bring your foot up to the side and back again, then the other foot, all the while holding your body strong. Roll onto your back and shake your legs and arms.

68. Balance a pair of socks or teddy bear on your head, walk around your house, try to pick something up off the floor, try to make a shape and move into & out of the shape with out it falling.

69. Walk around your house/garden balancing a pair of socks on your head. Try moving quicker. Try something different teddy, ball, pencil.

70. Sit on the floor and touch your right foot with your left hand, then switch (left foot with right hand). Stand up, bring your right knee up and touch with your left hand and switch. Spotty Dog - right foot forward, left hand forward, jump up and switch (left foot forward and right hand) Skip around your space ensure your right knee is up and left arm swinging.

71. Speed bounces - place a cereal box on its side or upright (more challenge) and jump over it. Count how many bounces in 20, 30 seconds, 1 minute. Record it, compare it, beat it.



72. Balance a toilet roll (flat and upright) on your head and walk around. Balance it on your tummy or back and try to move around without it falling off.

Strength and Balance Challenges

73. Sequence - make up your own work out from star jumps, spotty dogs (1 foot and opposite arm forwards and jump to switch) burpees, shuttle runs etc. Do 5 of each, then 10 of each, then 5 again.

74. Reaction Box - place a box or tub in each corner to make a square and stand in the middle. Either time how quickly it takes to touch a corner and return to the middle going to each corner 3 times. Or have a pile of socks/pencils/toys in the middle and one at a time put them into each corner until the pile is gone, then one at a time return them all to the middle again.

75. How far can you jump? Stand with 2 feet together by a marker, bend your knees and jump forwards. Place a marker by your heel. Go back to the start marker and see if you can beat your distance.



76. Lay socks on the floor. Jump 2 feet to 2, hop, 1 to 2 feet. Move them further apart for more challenge.

77. Place 4 markers (e.g. socks, pots, tins) one body length from a central point and decide on north, east, south and west (or times on a clock). Go in a front support position with feet on the centre point and just moving your hands move from different positions e.g. north to south. 1/4 past to 1/4 to.

Strength and Balance Challenges

78. Place 4 markers (e.g. socks, pots, tins) one body length from a central point and decide on north, east, south and west (or times on a clock). Go in a front support position with feet on the centre point and just moving your hands move from different positions e.g. north to south. 1/4 past to 1/4 to.



79. Vertical jump - stand side on to a wall (shoulder and hip close to it). Bend your knees, swing your arms up and jump as high as you can. Try and mark it with e.g. chalk if outside. Or place a picture/paper on the wall to try to and touch.

80. Speed bounces - place a cone on the floor and jump over it side to side. Then front to back. Count how many bounces in 20, 30 seconds, 1 minute. Record it, compare it, beat it.

81. Reaction Box - place a cone in each corner to make a square and stand in the middle. Touch a corner and return to the middle going to each corner 1,2 or 3 times. Then you could time how long it takes to do 1,2 or 3 times round.

82. How far can you jump? Stand with 2 feet together by a marker, bend your knees and jump forwards. Place a marker by your heel. Go back to the start marker and see if you can beat your distance. Bend your knees when landing.

83. 86. Floor climbing - Place single socks and gloves on the floor a small distance apart in any pattern.

Walk from sock to sock to get from one side to the other.

Now try getting across with your feet on the socks and your hands on the gloves. Try again. Choose a different path.

Move socks and gloves further apart.

Strength and Balance Challenges

84. Complete a 60 second challenge or lots of them.

How many - Star jumps, squats, tummy crunches, mountain climbers, 2 feet to 2 feet jumps, hops, skips, dribble ball round a marker, bounce side to side over a marker, catch and clap a ball...

- can you do in 60 seconds?

85. Lily Pads - Place tea towels, dish clothes, hand towels (lily pads) on the floor in your playing area (not too far apart to start with).

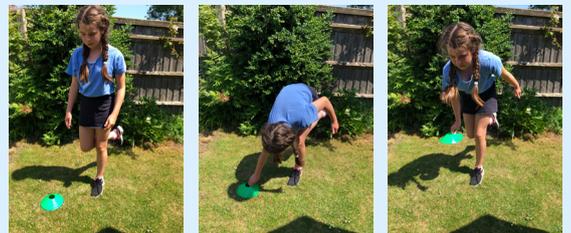
Jump like a frog from one side of the area to the other.

Place teddies on some lily pads, these you have to jump right over.

Jump high to catch a fly.

86. Stand on one leg and get your balance.

- Now bend your knee to lower your body. Repeat but try to pick something off the floor close to you.
- Repeat above then try to throw item at a target.
- Do the same for the other leg.



87. Triple Jump - It's a hop, skip and a jump.

Start with 2 feet together and say about your feet, 'same, other, both'.

Use you arms to balance you.

Can have a start and end marker then try to beat it. It will take lots of practice.

88. Number Game

If 1 = 1 press up,

2 = 2 x squats,

3 = 3 x star jumps

Do some maths, with the answers being active. E.g. Call

'7' and they do 3 star jumps, 3 star jumps, 1 press up. Change the numbers, they can be multiples or factors. Change the activities.

Target Challenges

These are excellent for hand eye coordination and competition.

89. Target challenges are brilliant for focus and coordination. They are very easily adapted for the age of your children by increasing the size of the target to make it easier, decreasing it to make it harder. Using different size equipment, smaller is harder.

90. Put a plate, bowl, tea towel or tin in the middle of your floor. Have a ball or balled up socks, take a step back from it, aim at it and try to hit it. If you do hit it, take another step back. Try underarm and overarm. Left and right hand. Or see how many hits you can get in 1 minute, then try to beat that score.

91. Have a target in the centre of your playing area (box, basket, tin, the smaller it is the harder). Take 3 /5/10 steps back, then throw an object (ball, socks, toilet roll) into/on the target.

92. Put markers in your playing area. Challenge - to move from marker to marker in a different way. Jumping, hopping, skipping, twirling, bunny hops etc. What do they like best? Link travel patterns together and try to remember them or play follow my leader.

93. Reaction wall - Put some numbers or letters on paper and stick them to a wall (indoors or outdoors) Spaced out in 2 columns (the more papers the harder it is) high and low according to your child's height. Call out a number/letter and they should try to touch it quickly and return to the middle (have knees slightly bent for quicker reactions). Speed up or slow down your calls. Could try facing away and turning or moving further away.

94. Battleships, needs 2 people, 5 markers and 3 balls/paired socks. Have your playing area and place 5 markers anywhere in it, your opponent places theirs in their area opposite about 3m apart (or as space allows). Take it in turn to aim and hit opponents marker, if it does, that marker is removed. Person to remove markers first wins.

Creative

Being creative with physical activity is a gift to be explored. How our bodies move and create shapes or rhythms or sequences is a beautiful thing.



95. Put on some great music and dance. Let yourself go or play copy cat, taking it in turns to create a move for the other person to copy or musical statues. Dancing can use a lot of energy so try to keep going and have some fun. "Dance like no one is watching".

96. Spell your name using your body. Try the whole alphabet. Ask a question or tell a story using your body, no speaking.

97. Choose your favourite songs, turn the music up and dance around the home - this is definitely a feel good one.

98. Play musical statues - pick some good tunes and don't pause it too often. Have a good dance.

99. Housework helpers - Put some music on and either do it properly or pretend you're doing it with the actions. Dusting, sweeping, scrubbing, cleaning, polishing, vacuuming, washing up, drying up.

100. Cross the river - Get from one side of the room to the other using tea towels, hand towels (or flannels) without touching the floor.

101. Take a trip to the zoo - make as many different animal movements as you can. Here are just a few suggestions, but you will think of so many more. Lion, monkey, snake, ant, eagle, robin, whale, dolphin, sloth.

102. Hide the egg, like hide and seek, see how quickly they can find it. Try to change the levels of where it is hidden, high and low and encourage lots of running around. Could time how quickly it takes to find it.

Creative

103. Imagine your hands, feet, back, bottom, knee, elbow are points that can balance on the floor. Try making a shape that has 5 points on the floor and hold it still. Then 4, 3, 2 and 1 point. Do again but different shapes.

104. Get a piece of ribbon or string, thread some toilet rolls onto it (the more you have, the heavier it becomes) and try skipping.



105. How many different rolls can you do? Forward, backward, log, side, teddy bear?

106. Have an imaginary skipping rope (bouncing on the spot). Try to keep going for one minute then try to increase the time. Or do tricks like backwards, crossover and double imaginary skips. Or count in 1s, 2s or 3s or recite your times tables or the alphabet.

107. Place 4 markers in a square, as big as your area allows. This is your stage. Make up a dance that links different sports together as a theme or any theme you choose. Pick some music if you can. Perform your dance.

108. Have an exercise that each person has to do every time they enter a particular room for a whole day. e.g. Dad in the kitchen does 10 star jumps.

109. Mirroring - stand opposite someone, hold your palms up, the leader moves and the follower has to mirror every movement, side to side, forwards and backwards. Take it in turns. Really get creative with your movements.

110. Cars - Pretend you are a car driving around your space. As you increase the gears your speed increases. Call round about (spin in a circle), traffic lights (stop and do a stretch), Traffic jam (move in slow motion), reverse into a parking spot, indicate put your right or left arm out and go that way. Have fun.

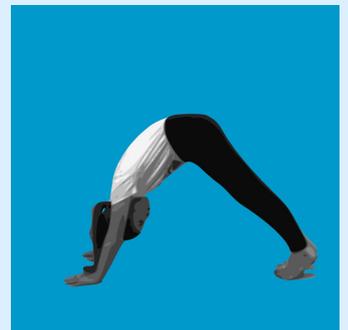
Creative

111. 1,2,3 - Take it in turns to say 1,2,3 and keep it going. Replace 1 with a jump, replace 2 with a star jump. Then replace 3 with a press up. You can use anything you choose to replace the numbers but keep the sequence going.

112. Sequences - This could be travelling patterns (hopping, skipping, jogging). Or fitness exercises, e.g. 5 star jumps, 10 squats, 5 tummy crunches. Or gymnastics moves, roll, jump, balance. The idea is to create but more so to remember and repeat it, working on memory.

113. Challenge - Get from one side of the garden/room without touching the floor using only a tea towel and a dishcloth. Once they have worked it out, time it and try to beat it. It could be boiling lava or a smelly swamp.

114. Stretching - stand up or lie down, reach as tall/long as you can, then try to touch your toes. Curl as small as you can. Try some Yoga poses, for example down dog.



115. Orienteering

Map your garden or living room.

Orientate your map (turning it the correct way).

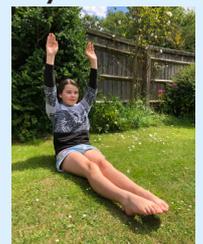
Hide teddy/car and show where on the map. Could have 5-10 objects marked that they have to find, but return to you after they find each one. It could be timed. They could hide things for you. So many possibilities.

116. Gymnastics Shapes - Try these shapes.

Hold for at least 3 seconds.

Think of interesting ways into and out of them. Can you make that shape in the air?

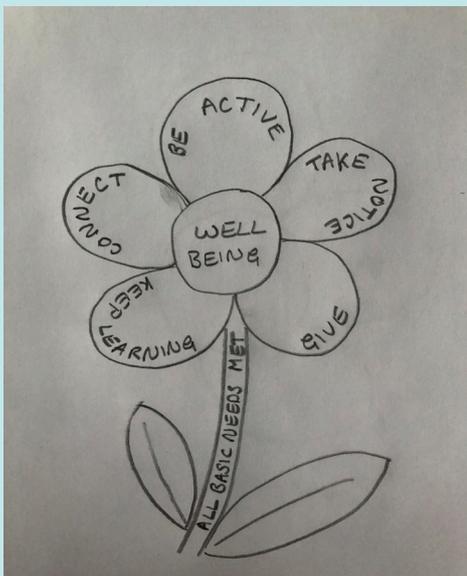
Try linking these balances into a sequence that you can practice, repeat and perform.



Well Being

Well being can be in the form of many guises but ultimately it's about you feeling good about yourself and finding the balance in life that works for you.

There has been some fantastic research into well being. The New Economics Foundation collated 400 research studies in it and came up with this simple message - The 5 Ways to Well Being
(www.neweconomics.org/2008/10/five-ways-to-wellbeing)



This is my doodle representation of the 5 ways to well being.

I believe you have to nurture it to help it grow.

Be Active

Do what you can, enjoy what you do, move your mood.

Take Notice

Remember the simple things that give you joy.

Give

Your time, your words, your presence.

Connect

Talk and listen, be there, feel connected.

Keep Learning

Embrace new experiences, see opportunities, surprise yourself.

As you can see being active is integral to your well being but getting the balance right for you is the key.

Dancing and Yoga are also fantastic feel good activities and worth a try.

Yoga

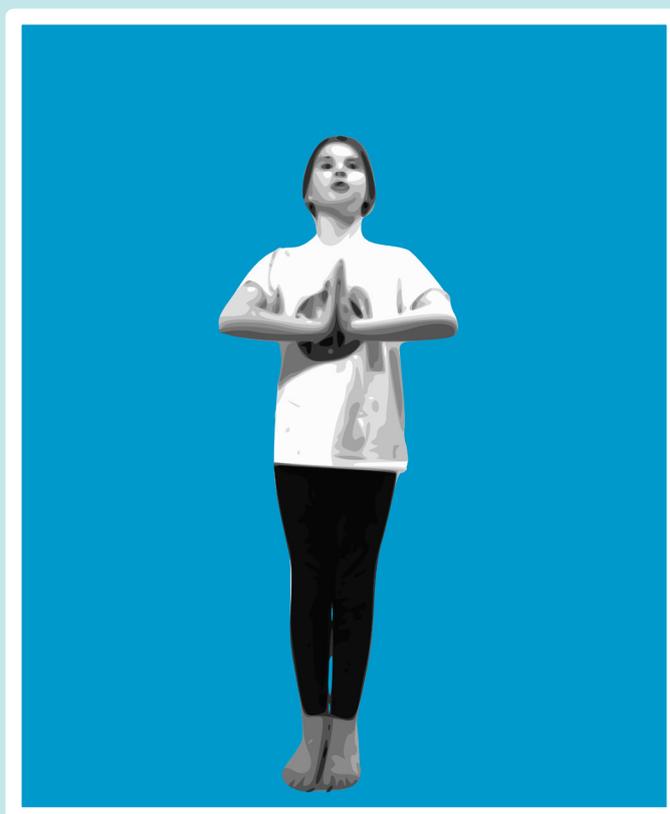
Yoga is a wonderful way of using your body to feel good and calm. It is about feeling comfortable and working your body to your own limits. Breathe fully and easily copying the poses, be mindful of your body moving slowly into the poses in a controlled way, holding them, stretch and balance.

BUT remember to do them on both sides of the body (the illustrations only show one side eg warrior pose, switch it so the other leg is forward too).

This information is aimed at inspiring you and being a starting place for your yoga, not a complete programme. Please seek additional information and advice if you would like to progress this further.

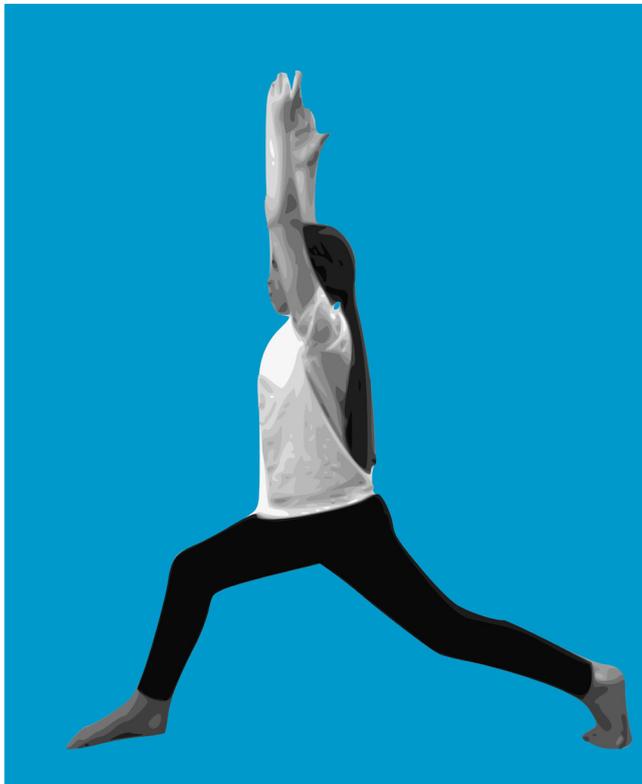
Mountain

- Breathe
- Stand tall and steady
- Palms to chest
- Lifting through the top of your head
- Relaxed shoulders
- Hold
- Breathe calmly



Find a comfortable, calm space to practice your yoga poses.

Yoga



Warrior I

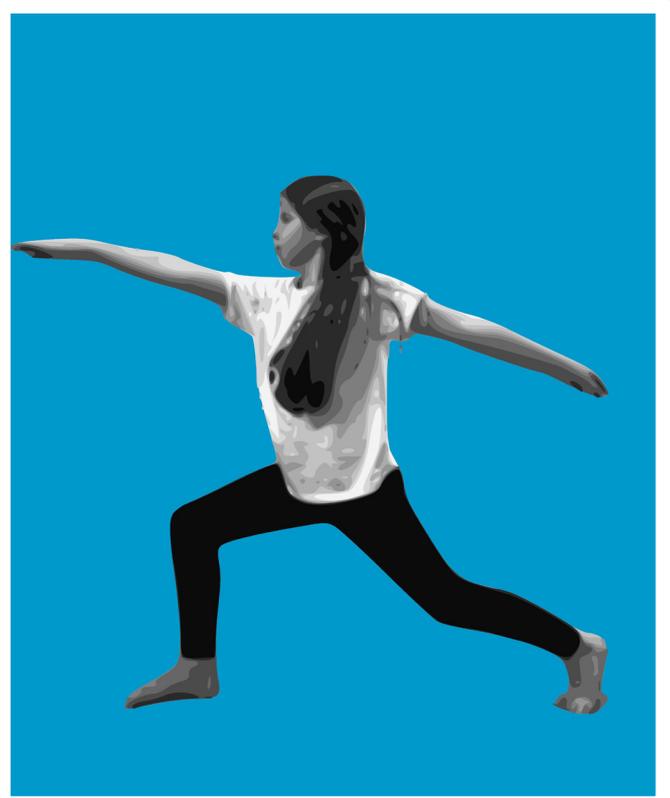
- Breathe
- Step forward and bend knee
- Balance and feel strong
- Hands on your thigh, then reach up high and bend deep
- Make sure your knee stays directly above your ankle
- Hold
- Change front leg and repeat

Extension:

Feel like you are blowing in the wind. How far can you go side to side?

Warrior II

- Breathe
- Stand feet apart
- Front foot forward, back foot toe out to side and heel down
- Raise arms to shoulder height
- Bend your front knee and turn your head towards it
- Back leg straight
- Hold
- Repeat but change bent leg



If you feel discomfort at any time, slowly come out of the pose, rest, have another go if you want but try to gradually build up through practice

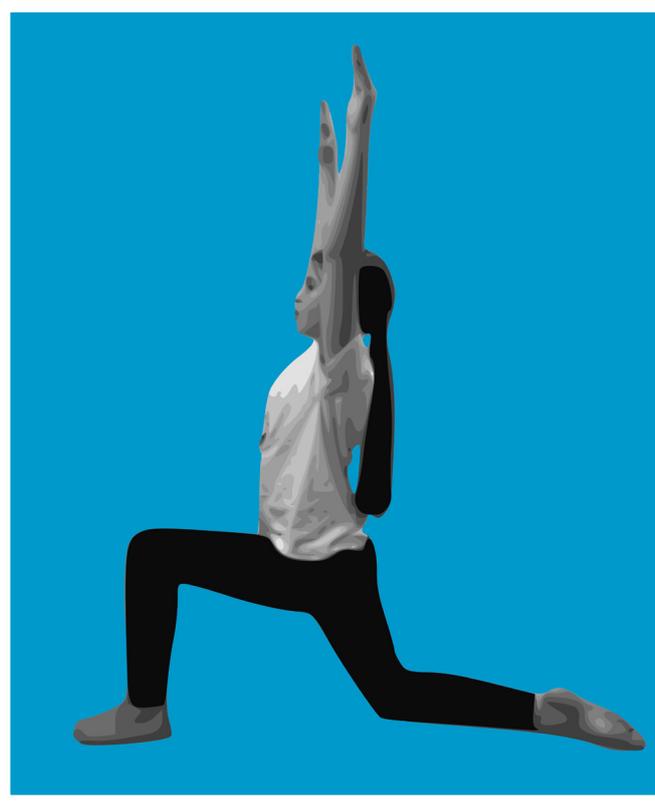
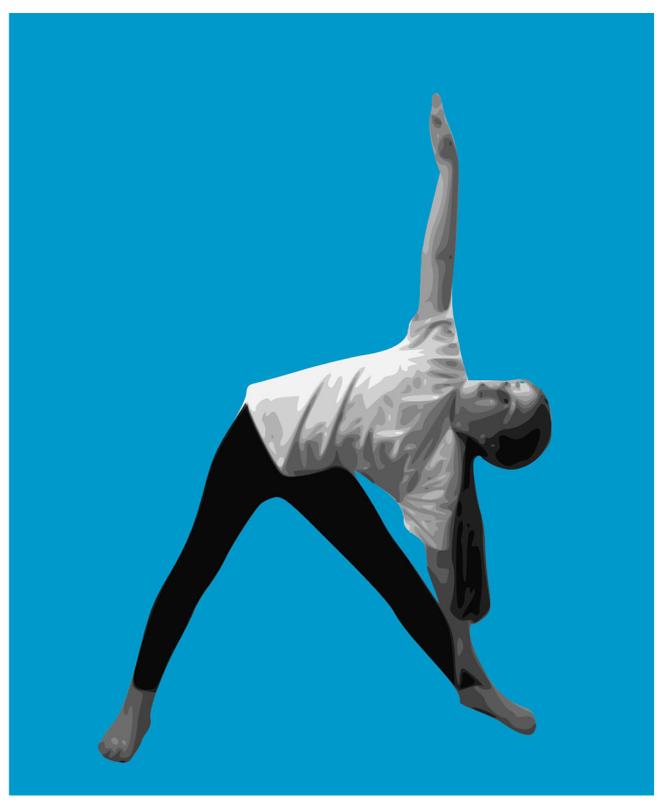
Yoga

Triangle

- Breathe
- Stand feet apart
- Front foot forward, back foot toe out to side and heel down
- Front knee is straight
- Back leg straight
- Bottom arm down
- Stretch top arm up and look to the sky
- Both legs are long and strong
- Repeat but change front leg

Extension:

How many triangles can you see?



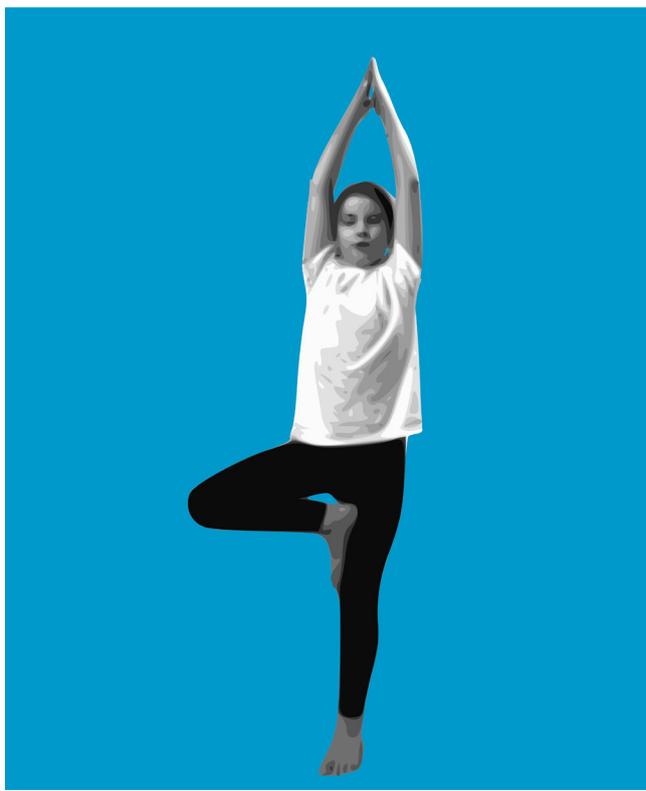
Dragon

- Breathe
- Stand feet apart
- Front foot forward, back knee down
- Lift your arms above your head
- Hold
- Repeat but change front foot

Extension:

Swing arms down and breathe out like a dragon breathing fire. Repeat

Yoga



Tree

- Breathe
- Stand straight and relaxed
- Palms to chest
- Tuck one foot inside the opposite leg
- Stretch arms out and above your head
- Bring your hands together above your head
- Hold
- Repeat on the other leg

Extension:

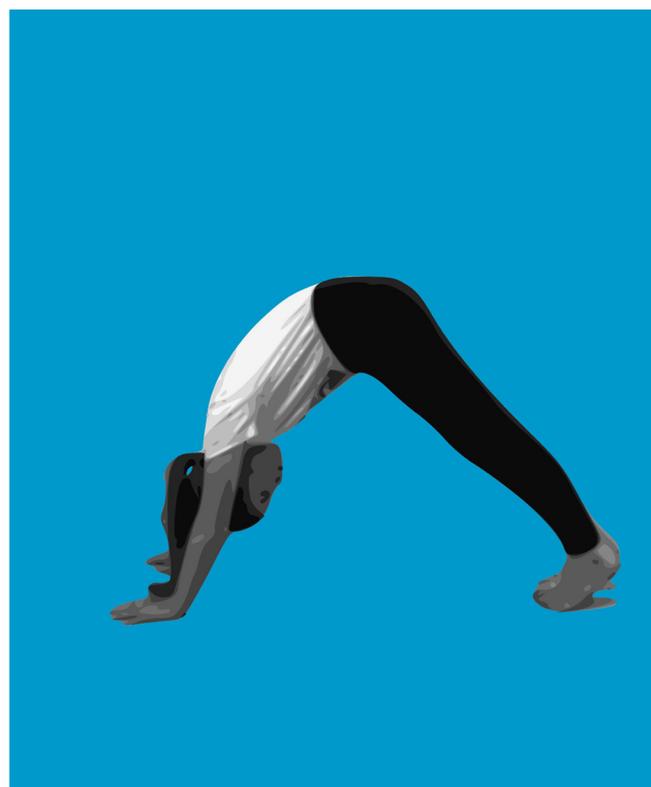
Start with your big toe on the floor and gradually raise it up the inside of your leg. Where are your branches growing?

Down Dog

- Breathe
- Start crouched down, with your arms straight in front of you
- Come up to your hands and knees
- Curl your toes under and raise your bottom into the air and push back
- Stretch your legs pushing heels down and arms strong
- If your legs hurt, bend your knees a little

Extension:

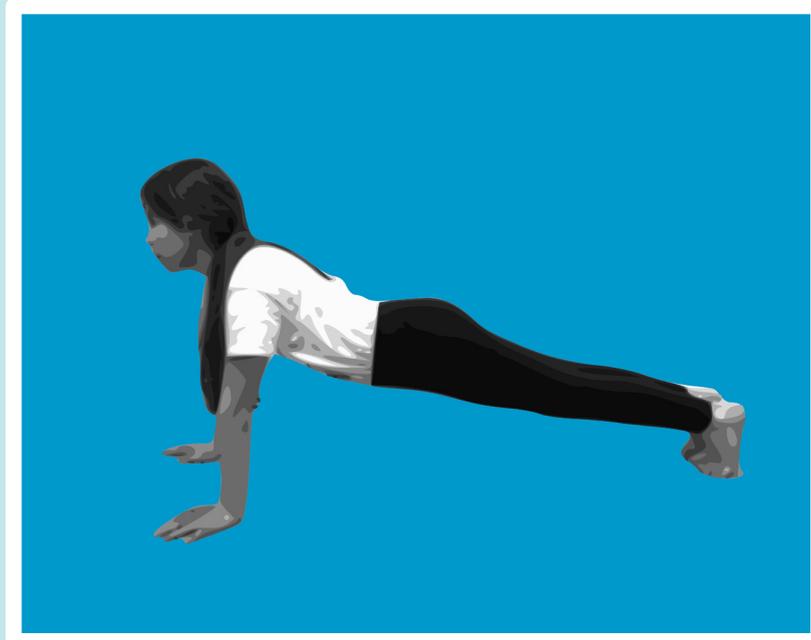
3 legged dog, raise one leg to the sky (give your dog a tail and wag it)



Yoga

Plank

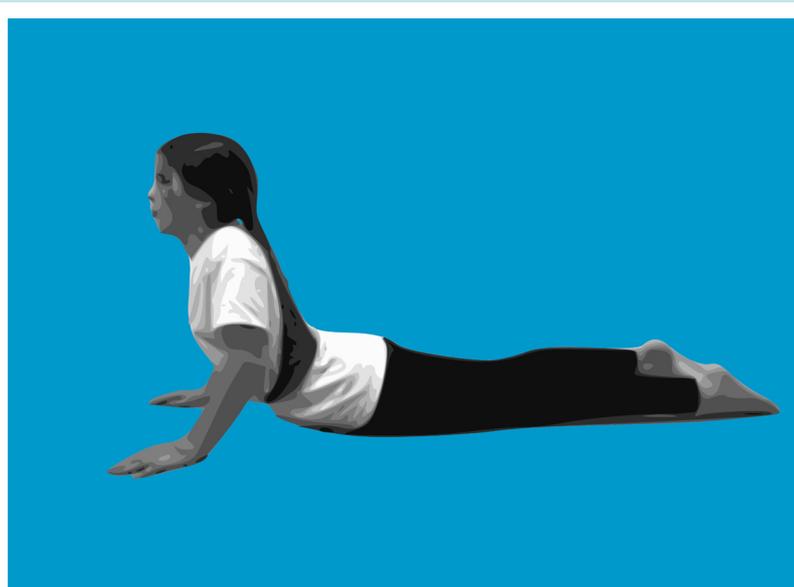
- Breathe
- Crouch down
- Place hands flat on floor in front of you
- Straighten arms and hold body weight
- Walk feet back until whole body is straight
- Feel strong (don't sag or raise bottom too high).
- How long can you hold it for?



Extension:
Bend elbows and plank
(dolphin plank).

Cobra

- Breathe
- Lie on your tummy
- Put your hands under your shoulders
- Press into hands and arch upwards
- Lift your chest until your arms are almost straight
- Keep hips and feet on the floor



Yoga



Shark

- Breathe
- Lie on your tummy
- Clasp your hands behind your back
- Roll your shoulders back
- Lift your hands, feet and chest
- Breathe and lengthen your whole body

Boat

- Breathe
- Seated knees bent, feet on the floor
- Hands behind knees, strong tummy
- Lift knees and if comfortable let go of knees.
- Breathe calmly
- Hold



Extension:

Straighten legs to ceiling.
Make a short, medium or long boat with your body
Sink to rest body

Yoga

Do Nothing Doll

- Lie down comfortably
- Imagine your body is floppy and light
- Think about how your body has moved, think about how your body is resting
- Listen to your breathing
- Let your body and mind rest just by listening to your breathing

Create your own story

Use the pose names to create a story and as you say them do that pose

For example:

A child went for a walk over MOUNTAINS, through TREES when they came across a WARRIOR.

They took a deep breath and spoke kindly and politely and the WARRIOR II was also kind and let them pass.

The child came to a lake that had a PLANK and a BOAT. While the child was thinking which to do, the PLANK or the BOAT, they saw a COBRA on the shore so quickly jumped into the BOAT.

As they lay in the BOAT with the sun on their face and the gentle lapping of the water they took a deep breath on opening their eyes they saw a SHARK, which was a huge surprise for a lake!

Knowing they were safe in the BOAT they lay back, took a deep breath and looked up into the clear blue sky, closed their eyes and drifted off the sleep.

Activity Tracker

Month _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What Activity did you do?							
How long did you do it for?							
What was good about it?							
What could you do better next time?							

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