



Keep active!
Join in the fun
with your child

My Daily moves



Stretch up and touch the sky x2



Reach down and touch the floor x2



5x Star jumps



Touch your head, shoulders, knees and toes x2



Wiggle your arms, wiggle your legs
Wiggle all or your body



Balance on one leg, switch over and balance on the other leg x2



Breathe in
Breathe out x3

Next time why not add some of your own moves!