


# Get your body moving!

Keep active without leaving the house. Being active is great for your whole body and can also help to lift your mood!

 Remember you don't have to try it, and you can stop at any time.

## Step 1

Find a dice, piece of paper and pen and put on some comfortable clothes (No dice? Just write the numbers down and pull them out of a container).

## Step 2

Write the numbers 1-6 vertically on your piece of paper.

## Step 3

Think about exercises that feel achievable for you (everybody is different and what is possible for one person might not be for another).

## Step 4

Write one movement next to each number on your paper (E.g. 1 - Touch down to toes and stretch to the sky, 2 - Do 10 star jumps ).

## Step 5

Roll the dice or pick out a number, and try the activity on the number you land on.  
\*\*Don't forget to warm up before exercising to prepare your body and to prevent injury.

## Step 6

Repeat this for around 10 mins and try to keep this to no more than 30 mins a day.

## Step 7

Once you've finished, have some water to hydrate and a gentle stretch. Notice how you feel in your body now?

## Step 8 (Optional)

Tell us if you've tried the activity...

☐

I've tried the activity 🙌