

'SHAKE YOUR SILLIES OUT' IDEAS!

1

A garden dance party - movement and fresh air!

2

Throwing and catching a ball for a few minutes

3

5, 4, 3, 2, 1! - challenge them to do 5 different exercises as you count them down.

4

Cosmic Kida Yoga on Youtube!

5

A game of 'Tag you're IT!'

6

The Learning Station on Youtube has a lot of 'brain break' videos. 'Shake your sillies out' is a personal favourite!

7

Yoga for children - we love Cosmic Kids Yoga on Youtube!

8

A good old DANCE OFF!