**September Mental Health Focus – EXERCISE**

After register time, choose 2 letters and children with those letters in their name to do the exercise listed:

A: Jump up and down 10 times

B: Spin around in a circle 5 times

C: Hop on your left foot 10 times

D: Jog t the nearest door and back again

E: Walk like a bear for 5 seconds

F: Bend down and touch your toes 20 times

G: Do 10 jumping jacks

H: Balance on your left foot for 10 seconds

I: Balance on your right foot for 10 seconds

J: Walk backwards for 10 seconds

K: Walk sideways for 5 seconds and hop back again

L: ‘Pedal’ a bike with your hands for 20 seconds

M: Flap like a bird for 15 seconds

N: Reach up as high as you can for 10 seconds

O: Hop on your right foot for 10 seconds

P: Do 10 wall push-offs

Q: Do a ‘backstroke’ for 10 seconds

R: Do a ‘front crawl’ swim stroke for 10 seconds

S: Do 10 lunges

T: Do 10 back squats

U: Do 10 sit ups

V: Hold a wall sit for as a long as you can

W: Do 10 knee highs with your left leg

X: Do 10 knee highs with your right leg

Y: Hold a plank for as long as you can

Z: Stand up and sit down 10 times (chair or floor)