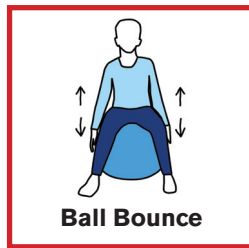




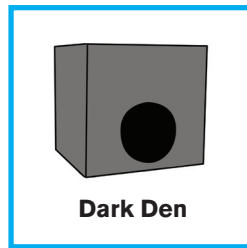
Dumbbell Press



Stability-ball-hug



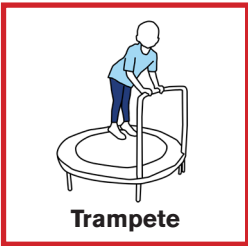
Ball Bounce



Dark Den



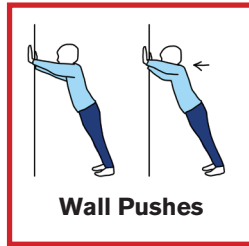
Plasticine or dough



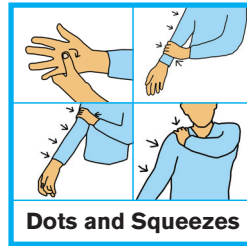
Trampoline



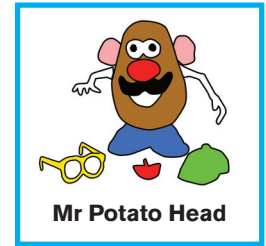
Log Stretch



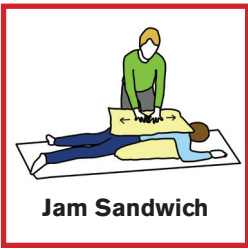
Wall Pushes



Dots and Squeezes



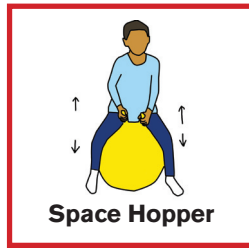
Mr Potato Head



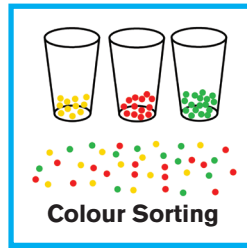
Jam Sandwich



Stretchy Band



Space Hopper



Colour Sorting



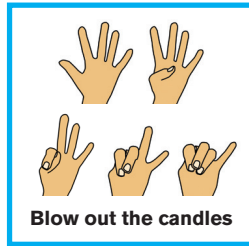
Marble Search in Putty



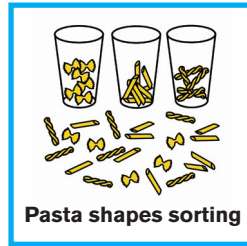
Steamroller



Chair Push Ups



Blow out the candles



Pasta shapes sorting



Mindful colouring

**2**  
mins

**2**  
mins

**2**  
mins

**2**  
mins

**2**  
mins

**1**  
min

**1**  
min

**1**  
min

**1**  
min

**1**  
min

**5**  
mins

**5**  
mins

**5**  
mins

**5**  
mins

**5**  
mins