

Be physically active



Being active is great for your physical health and fitness. It can also improve your mental wellbeing by raising your self-esteem and helps you to set goals or challenges and achieve them. This causes chemical changes in your brain, which can help to positively change your mood.

Here are some ideas but you may have some of your own!

Try a new sport or physical activity.

Train like Harry Potter or Star Wars

Have a go at some Yoga or Pilates.

Take part in one of Joe Wicks' PE sessions or create your own workout for your family!

Challenge yourself: Aim to walk the distance of a marathon over one month.

Get active and inventive by moving around the space in different ways, like Simon Says...hop, skip, jump, frog jump, roll etc. Maybe play Simon Says on a Zoom call.

Design a PE scavenger hunt to share with family or friends (via Zoom)

Dance to your favourite soundtrack.

Go for a walk or ride your bike.

Create and enter a dance for the School Games Challenge...see DB Primary Wellbeing page for details.

