

Let's Get Active

at Home

This *Let's get active*
award book belongs to:



Challenge
yourself to do at
least 60 minutes
of physical
activity every day
this week



Week 2

This week's theme:

Easter



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Welcome!

Week 2

All children and young people need at least **60 minutes of physical activity every day** for health. This can be difficult without the things that usually add to these daily 60 minutes such as walking to school, PE, sports training or playing with friends.

It's more important now than ever to keep active and stay healthy, both for your body and your mind! That's why the Irish Heart Foundation have created the **Let's Get Active (at home) Challenge** to help and encourage you to achieve your daily recommended amount of physical activity at home.

Each week, we will challenge you to do at least 60 minutes of physical activity. Everyone who achieves their goal of 60 minutes every day will receive a printable **certificate of achievement**. Don't worry if you don't reach 60 minutes every day in your first week - we'll have 2 more weeks of challenges after this one with different themes. Focus on building up your physical activity gradually and most importantly, have fun! 😊

What is the Challenge?

- Get active for **60+** minutes every day (Why not break the 60 minutes into short bursts?)
- Move more, sit less
- Try new activities
- Have fun

Try to include:



Muscle strengthening activities



Flexibility exercises



Bone strengthening activities



Aerobic activity

Ready?
Let's get started!

This booklet contains tips and ideas for getting active, as well as bonus activities like games, crafts, mindfulness and recipes.

This week, our theme is "**Easter**" so all the activities relate to Easter.

Don't forget to keep track of your physical activity every day using the **chart at the back of the booklet**. Why not stick this chart on the fridge or somewhere you will see it every day?

We'd love to hear how you're getting on with the Let's Get Active Challenge! Ask an adult to help you share your ideas for getting active and ways you've used this booklet.



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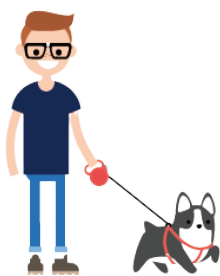


schools@irishheart.ie



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Get Active



WHAT IS PHYSICAL ACTIVITY?

Physical activity is **any** body movement



General Activity

- Walking
- Playing with pets
- Climbing the stairs
- Doing housework

Exercise

- Running
- Skipping
- Dancing
- Yoga

Sport

- Kicking a ball around the garden
- Practicing skills
- Playing a match with your family



WHY BE ACTIVE

BENEFITS OF REGULAR PHYSICAL ACTIVITY

- Healthy heart
- Strong bones
- Improves mood
- Reduces stress
- Healthy weight



60
MINUTES



60 minutes doesn't need to be done all in one go. This can be broken down into smaller blocks of **10 minutes** of physical activity **throughout the day.**

Children and young people need at least **60 minutes** of physical activity **every day** for health benefits.



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Indoor Scavenger Hunt

How many of these things can you find in your house? Fill in the box to record what you found. The pictures will give you a clue but you can pick anything!



Something round or circular....



Something soft or cuddly.....



Something the colour red....



A favourite book you read before bed....



Something that you wear on your feet.....



A bathtime toy.....



Something the colour green....

Can you add three new things to hunt for in your home? It could be a colour, a shape or something you use each day!



Top 10 Balloon Ideas for Physical Activity

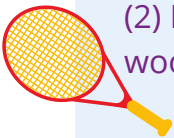
Get Active



(1) Balloon Football – Kick the ball back and forth or try balloon keepy uppies.



(2) Balloon Tennis - If you don't have a racket, use a fly swatter, spatula, wooden spoon or paper plate taped to a ruler.



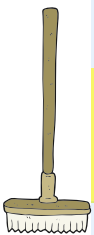
(3) Balloon Volleyball – Use the washing line or hang a ribbon as your net.



(4) Balloon Batting – Use a cardboard tube (from wrapping paper or tin foil) as a bat to strike the balloon as it's thrown to you.



(5) Balloon Hockey – move the balloon along the floor using a stick, a hurl, a sweeping brush or a rolled up length of newspaper.



(6) Tie a balloon to a piece of string and ask an adult to hang it from the ceiling or a door frame. Use this to practice kicking, catching or striking.



(7) Make a line on the floor with masking tape (inside) or chalk (outside). Crawling on the floor, blow the balloon along the line. You can put some obstacles on the line to blow the balloon around for extra challenge.



(8) Create a start and a finish line. Keep the balloon up in air using any part of your body (without holding it) while walking or running to the finish line.



(9) Put the balloon between your knees and have a waddling or jumping race.

(10) Write different letters of the alphabet on balloon using a thick marker. Throw and catch the balloon. When you catch it, see what letter the tip of your pointer finger is closest to and say a word beginning with that letter.

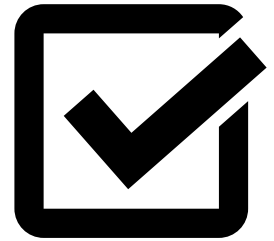


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100 Ways to be Active @ Home

Be Active

1. Indoor scavenger hunt (See week 2 of Let's Get Active)
2. Make an obstacle course with pillows, blankets and whatever you can find at home
3. Put shoeboxes on your feet and 'skate' around the room
4. Learn a Disney dance - share it with your family
5. Have a disco at home
6. Try out doing animal movements, how many animal movements can you do?
7. Make your own Twister board using different colours or shapes
8. Indoor Tic Tac Toe (X's & O's)
9. Chasing game like Tip the Can
10. Irish Heart Foundation Bizzy Breaks
11. Lets Get Active Challenge
12. Yoga (Try Cosmic yoga online)
13. Calming breaths
14. Activity bingo
15. Create your own game, you make the rule, make your own levels
16. Balloon Olympics
17. Find as many things in your garden or house beginning with each letter of the alphabet
18. Beanbag games (check out activity week 1)
19. Practice your skills (run, skip, jump) Check out the PDST Move Well Move Often resource
20. Jump, hop, run, jump during TV ad breaks
21. Practice throwing build your own target *bin, basket, cereal box
22. Skipathon, practice a basic skip over a sweeping brush
23. Hopscotch (use chalk, tape, cut out a cardboard box and write the numbers it
24. Egg and spoon race
25. Pillowcase race-practice jumping
26. Create a music parade
27. Create treasure challenge with activity challenge
28. Indoor volleyball with balloons, why not try practice volley balling off different body parts
29. Make a sensory trail using flat objects with different textures (bubble wrap, towel, fur, felt, sponge, buttons etc.) to walk along in bare feet
30. Play corners in the garden
31. Sock basketball throwing challenge
32. Be an ice skater, put on socks and glide across the floor
33. Try movement charades
34. Practice ball skills/ drills using indoor tape as markers
35. Indoor bowling. Use empty plastic bottles, milk cartons as bowling pins and roll a ball to knock them over
36. Put a tennis ball in the foot of an old pair of tights, hold in one hand and practice kicking.
37. Use tape lines to practice jumping skills (see if you can beat your score)
38. Can you move your body in the shape of an alphabet?
39. Musical chairs
40. See how far you can jump, hop or leap (or how many you can do forward in ten seconds) and use a measuring tape to measure the distance. Try to beat your own score.
41. Hide and seek
42. Build a fort or a den
43. Make your own cornhole using cardboard and make your own beanbags
44. Floor is lava
45. Colours (Call out a colour and everyone in the room has to touch something of that colour. The only rule is that you can't touch the same object as anyone else. Mix it up run, hop, jump, skip, crawl)
46. Play a song and dance for your breakfast, lunch, or dinner.
47. Try elastics at home using chairs
48. Catch bubbles
49. 3 legged race
50. Wheelbarrow race



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100 Ways to be Active @ Home

Be Active

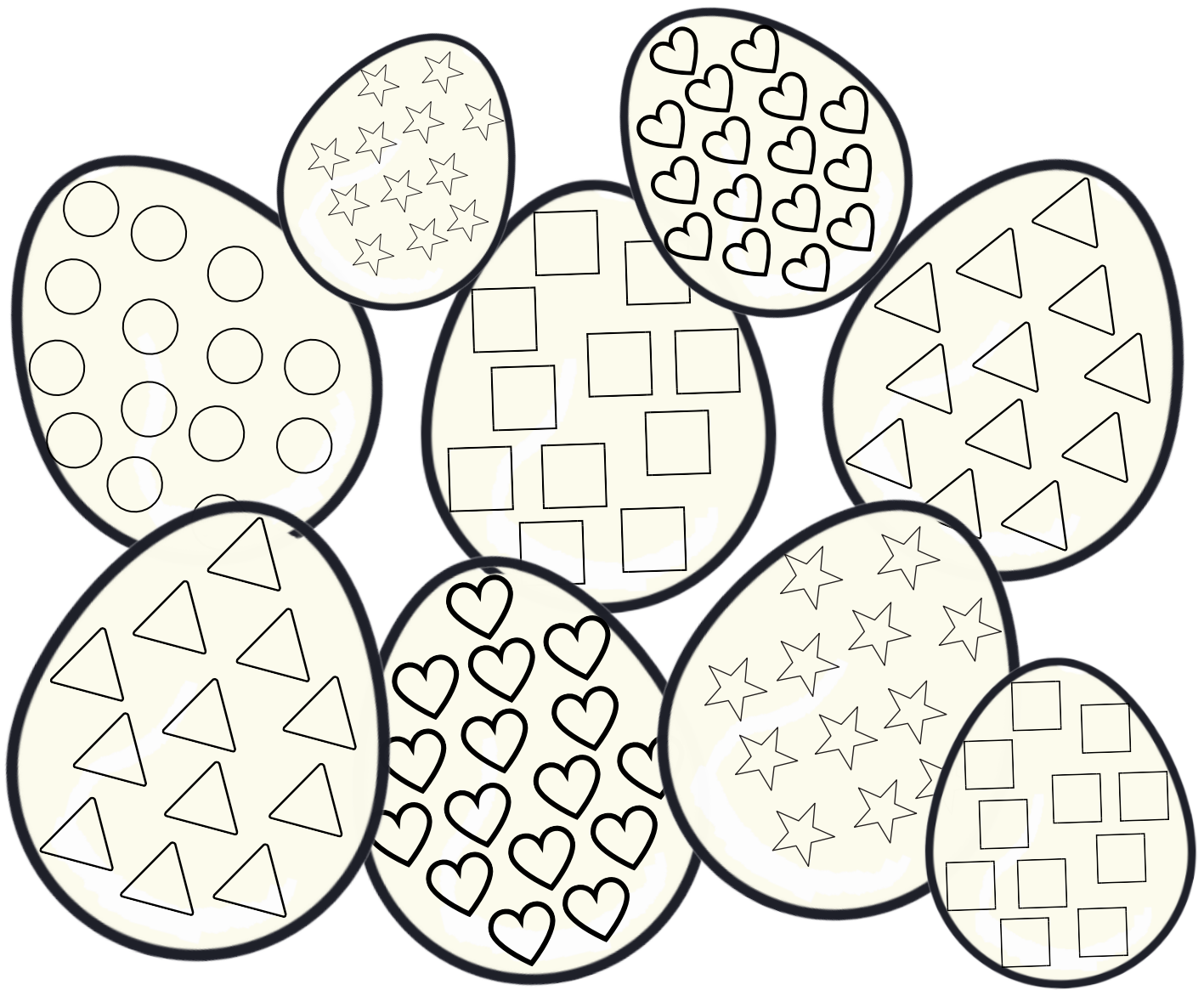
51. Practice balance skills you could start with teddy on your head
52. Move Well Move Often PDST.ie
53. Hoola Hoop
54. Indoor golf (make using tube such as kitchen roll, plastic ball, cardboard, box)
55. Write numbers on paper cups and spread them around the room or garden. Throw or kick the ball and write down the numbers on any cups you knocked over. Keep track of your score and calculate at the end.
56. Learn to juggle (use rolled up socks, toilet rolls, small balls)
57. Get your heart pumping with PE with Joe Wicks the Body Coach , RTE junior 10@10, Just Dance or gonoodle.com
58. Draw pictures outside with chalk
59. Make a treasure map & go on a treasure hunt
60. Play capture the flag
61. Use paper, one large or lots of small pieces, to make a giant paper aeroplane and see how far you can throw it.
62. Walk around the block without touching any lines or cracks
63. Activity races – see who can do the most jumping jacks in a minute, see who can run on the spot for longest
64. Create an activity jar – write loads of activities on paper and put in a jar. Pick a word a day. Every time someone says that word, they have to pick an activity to do. Start with 'bored'.
65. Do animal moves (check out week 1)
66. Play dodgeball
67. Use a beach towel or a sheet for parachute games – hold the edges of the towel and throw a ball in- see how long you can roll it – see if you can get the ball in the laundry basket
68. Play leap frog
69. Help to clean - pick a song and try to clean the whole room before the song is over
70. Play active Simon says
71. Do circuits – Each corner of the room has an activity – Corner 1 do 10 jumping jacks, corner 2 balance on left foot, corner 3 do a bear crawl to next corner, corner 4 hop on right foot 5 times (pick any activities that you want)
72. Play limbo – use the sweeping brush as your limbo stick – lower it each round- see how low you can pass under it
73. Do #blindinglightschallenge
74. Play 'Follow the Leader'
75. Put on a show! Dress up, sing, create a set.
76. Tape pages or paper plate to the floor as lily pads and leap from pad to pad.
77. Play the alphabet game – Pick a theme like animals or films, and come up with an answer for all the letters.
78. Play keepy uppies – how many can you do? Use a football, tennis racket and ball, table tennis racket and ball
79. Hide objects all around the house, this could be teddies, lego pieces, notes, balls. Play a song. See who can find the most before the song ends.
80. Try a Family Dance Workshop video from Sadler's Wells Theatre Youtube
81. Using two cushions, jump from one end of the room to the other jumping from cushion to cushion without touching the floor.
82. Stick paper to the wall and try drawing with your feet while lying on your back
83. Stack up some empty cardboard boxes, try to knock them over from a distance using a tennis ball
84. Play ice hockey with a plastic lid (puck), a cereal box (goal) and pool noodles (sticks)
85. Fill an empty milk carton with water, attach to rope, and pull around.
86. Play catch with an empty box
87. Practice a headstand
88. Freeze dance
89. Create balance beams using tape try walking on the tape forwards and backwards
90. Design a driving course or maze using tape
91. Play hot potato
92. Create an activity dice
93. Try the bin the boredom challenge
94. Play Mirror Mirror
95. Traffic lights
96. Laser Chase, use a light or laser and shine on the floor, children chase the light
97. Monster in the middle
98. Movement songs (head, shoulders, knees and toe)
99. Play hot and cold
100. Play crab football



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Egg Hunt

- Colour the eggs with **hearts** red.
- Colour the egg with **circles** orange.
- Colour the eggs with **triangles** green.
- Colour the eggs with **stars** yellow.
- Colour the eggs with **squares** blue.



Easter Word Hunt

Hunt for all the hidden words! Each one is linked to the heart and Easter.



W	P	R	D	M	C	W	A	Y	X	H	D	A	P	V	D	U	L	K	L
U	B	C	H	R	F	F	T	F	V	R	J	E	J	T	X	X	I	B	O
X	S	N	G	B	A	N	Z	Q	K	B	V	J	O	F	J	Y	W	N	T
M	E	G	Z	D	Z	R	I	N	S	B	T	W	A	G	Q	W	C	F	Q
L	V	P	G	R	J	W	P	W	P	F	N	T	A	V	Z	J	B	P	T
F	I	I	M	E	K	X	B	S	D	S	X	S	B	E	T	P	G	Z	H
O	T	Y	W	W	B	Z	V	W	R	G	A	B	K	B	R	L	H	U	U
L	C	T	E	K	S	A	B	C	V	E	R	E	N	C	Z	Z	U	U	Y
Q	A	E	H	P	A	L	E	M	K	P	U	D	H	U	O	W	N	Y	I
W	Z	O	R	A	T	H	A	R	T	E	R	I	E	S	W	K	T	E	B
H	S	I	P	P	N	D	N	D	A	V	C	H	A	G	S	F	A	H	A
U	N	T	G	E	C	N	S	C	K	K	Q	Z	M	K	R	V	F	C	Y
G	Q	N	E	S	H	C	V	N	H	E	A	L	T	H	Y	H	O	U	B
J	E	O	H	L	L	E	E	S	I	C	R	E	X	E	W	W	O	W	P
T	K	M	V	U	C	T	D	N	X	E	L	U	S	U	R	O	A	V	A
A	P	U	X	P	L	S	U	G	C	H	V	X	A	B	A	L	I	B	O
T	R	A	B	B	I	T	U	L	D	K	C	T	J	M	I	L	D	Q	A
M	L	L	H	N	Y	L	P	M	A	Q	W	M	B	Z	T	E	R	M	T
Q	Z	B	A	B	N	U	S	Q	F	L	V	I	D	F	P	Y	R	A	X
Z	G	T	U	G	A	X	T	V	S	M	B	H	Z	V	M	D	O	S	I

HUNT
EXERCISE
EGGS
VEINS
SPRING

MUSCLE
RABBIT
ARTERIES
HIDE
HEALTHY

CHICK
ACTIVE
BASKET
PULSE
YELLOW

Last week's crossword answers:

Across:

- Whale
- Veins
- Kidneys
- Fist
- Circulation
- Oxygen

Down:

- Wasp
- Exercise
- Valves
- Four



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Get Cooking

Start the day an Egg-sellent Way!

Eggs are a traditional Easter favourite on Easter morning so why not try some of our yummy recipes below. Get creative and make it fun.



Eggy Breakfast Ideas

Poached or Scrambled

Boiled eggs with bunny shaped toast

Egg and Soldiers

For pancakes add a banana, two eggs and a teaspoon of baking powder to a blender, whizz up and then fry. Delicious with peanut butter and some yoghurt. Create a bunny face using fruit!

Chose your favourite shape to put in toast for egg-in-the-hole

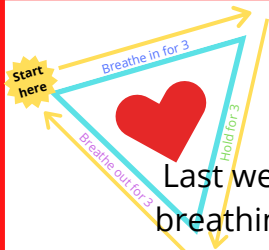


Easter Fun with Fruit

Fruit is really good for our heart but did you know we can also use fruit to create art?! Fruit has lots of colours and shapes that we can put together to make beautiful patterns and pictures.



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Mindfulness

Yoga Practice

Last week we practiced mindfulness by taking deep breaths and focusing on our breathing to help us to feel more relaxed and happier. Adding some really simple yoga poses can also make us feel calmer and give our bodies a really good stretch.

Repeat this sequence as any times as you like.

I am Strong

Stretch your arms out really wide like a surfer trying to balance



I am Kind

Stretch your arms up over your head like a tall tree trying to touch the sky



I am Friendly (Childs Pose)

On hand and knees, stretch your arms out in front and lean back like a friendly dog



I am Wise

Sit quietly with legs crossed and hands in your lap like a wise old owl. Close your eyes and practice taking deep breaths



When we remember something that was really fun, like a game, a hug or a nice conversation, that memory can make us smile and feel really happy. Can you think of some things that made you really happy this week?

1.

2.

3.



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Family Favourites

Family
Time

How to play:

- Each card has a topic and five examples.
- Set a timer for 1 minute. Use the stopwatch on your phone or keep an eye on the clock. One person calls out the topic and everybody else names as many things to do with that topic as they can.
- For each answer that matches an example on the card you get a point.
- Keep track of your score The person with the most points at the end wins.

Things to do with Easter

Eggs
Cards
Easter bunny
Hoy cross buns
Easter hunt

Things to keep active

Dancing
Cycling
Playing
Walking
Skipping

Games you play with a ball

Basketball
Tennis
Football
Rugby
Dodgeball

Types of fruit

Apple
Orange
Banana
Grapes
Strawberry

Ways to eat eggs

Boiled
Fried
Scrambled
Poached
Omellette

Things to do with the heart

Beat
Organ
Valve
Cardio
Love

Things you wash

Hands
Face
Dishes
Clothes
Dog

Things found in the kitchen

Oven
Kettle
Fridge
Toaster
Microwave

Things made of paper

Money
Toilet roll
Aeroplanes
Wrapping paper
Newspaper

Why not make your own at home?

Pick a topic and write out the first five things that come to mind. Make sure no one else can see your answers. Set the timer to 1 minute and ask your family to name as many things as they can. Every time someone matches one of your answers, they get a point.



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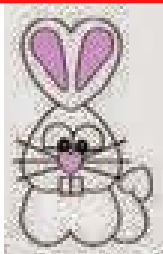
Send an Easter Message

Be Kind

One way to show kindness is to send an Easter message to someone that you miss or someone that might be on their own. Cut out and colour the card below, write a message on the back and ask an adult to post this or put it in neighbour's letterbox.



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Easter Bunny

*Get
Creative*

Create your very own Easter bunny using the template on the next page. Use the heart template to create lots of different bunnies using old magazines, wrapping paper or newspaper!

You will need:

- Safety Scissors
- Glue stick
- Markers or colouring pencils
- Paper, magazine, newspaper or wrapping paper



Instructions:

- Print the template or copy the shapes on the next page.
- Cut out the heart shapes.
- Using the diagram, place the hearts into the bunny shape.
- Glue the hearts in place.
- Decorate the bunny however you like !

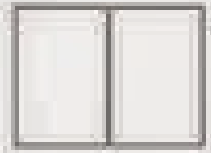


Why not stick your heart bunny in your front window to show your friends and neighbours you are thinking of them? Ask an adult to share a photo of your artwork or check out other creations on Twitter using the hashtag **#showsomeheART**

Easter Bunny Template

Cut out the shapes and stick together as pictured

*Get
Creative*



The Egg Drop Eggs-periment

Experiment

You will need

Uncooked eggs *required

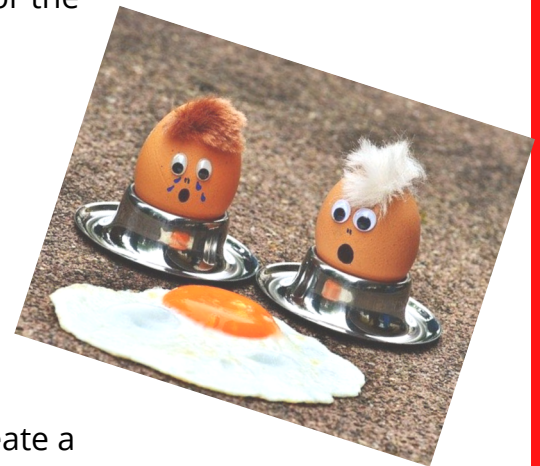
The below is a some suggestions but you can use materials that you have at home or even in your recycling bin.

- Scissors
- Sticky tape
- Balloon
- Paper
- String, ribbon, cotton balls etc...



Objective

Design something to protect the egg from a fall using recycled materials from your home. The aim is for the egg not to crack or break for the below challenges.



Instructions

1. Use the action plan on the following page to design and create a structure to protect an egg from breaking and cracking from a fall.
2. Start building it using the materials you've found at home.
3. Try the three challenges below.
4. Check your egg after each challenge ,is it cracked or broken?

Challenges to test your eggs-periment

1. Drop structure from waist height
2. Throw structure at wall* outdoors
3. Drop structure from a height e.g. from a window, off balcony etc....

**Bring an adult with you to help you*

A great
STEM
challenge



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Action Plan for the Egg Drop Eggs-periment

What materials will you use?

Why do you think this will stop the egg from breaking or cracking?



Draw a picture of how you will use the materials

How did it go?

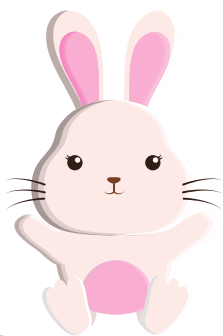
Would you do anything differently?



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Easter Jokes

Just for
fun

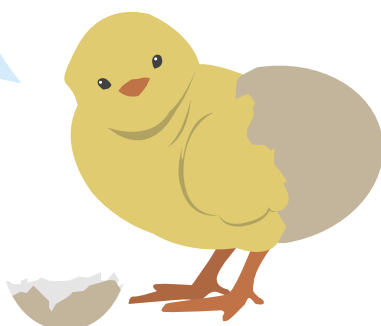


Q. What's a rabbit's favourite dance?
A. Hip - Hop!

Q. How does the Easter bunny stay fit?
A. He EGG-ercises

Q. Why did the Easter egg hide?
A. He was a little chicken

What do you call a very rich bunny?
A. A billion - hare



Q. How does Easter end?
A. With the letter R

Q. Why can't eggs be comedians?
A. They'd crack each other up



Q. What do you call a rabbit with fleas?
A. Bugs Bunny



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Track your
progress

Let's Get Active at Home



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Week 2

Let's Get Active at Home

Track your
progress

- Use this chart to keep track of your daily physical activity.
- Each day, colour in a circle for every 10 minutes of physical activity that you complete.
- Make sure to write in any extra minutes that you achieve and calculate your total each day.

MONDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
TUESDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
WEDNESDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
THURSDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
FRIDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
SATURDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
SUNDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
Well done!	WEEKLY TOTAL	<input type="text"/> Minutes



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How have you been active this week?

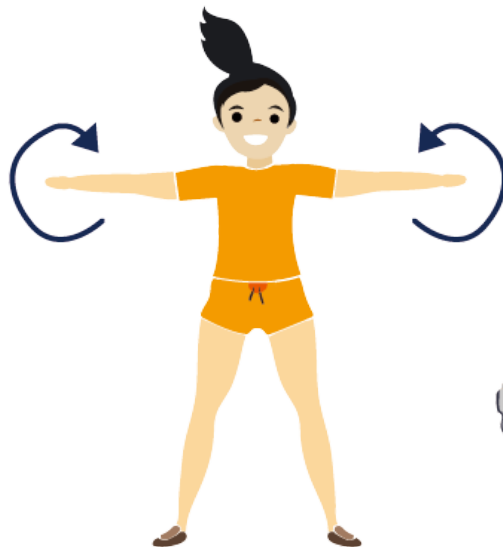
Track your
progress

Activities I did this week:

Something new I tried:

A challenge I overcame this week:

Parent Signature:



Week 2



*Let's get active
Let's stay active*

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