

Challenge Ideas - No Equipment



Do a different exercise for 30 seconds at each corner of the room.

Use your body to make the shapes of different letters of the alphabet.

Pick a colour. Run around the room to see how many things of that colour you can find.

Go for a walk with your family

Take a 15-second break between each exercise.

How many different letters can you make?

Or, choose a letter and find as many things as you can beginning with that letter.

Ideas for your walk:

Repeat the full circuit 2-3 times.



Can you spell your name with your body letters?

Can you spell out a word for someone at home to guess?

Exercise ideas



Run on the spot

Jumping jacks



Touch your head, shoulders, knees and toes

Touch the ground, then jump up high



Do one room, lots of rooms, or outside in a garden or park.

Count how many trees, flowers or dogs you see.

Play 'Eye Spy' on the walk.

Name things you can see, hear, feel, smell and touch (5 senses).

Talk about things that make you happy.