



**Fun things to do this week...**

**Sing along with the family.**

- ✓ Each choose a favourite song
- ✓ Get the lyrics handy if needed
- ✓ Sing all the songs together
- ✓ Come up with a new dance routine for each song

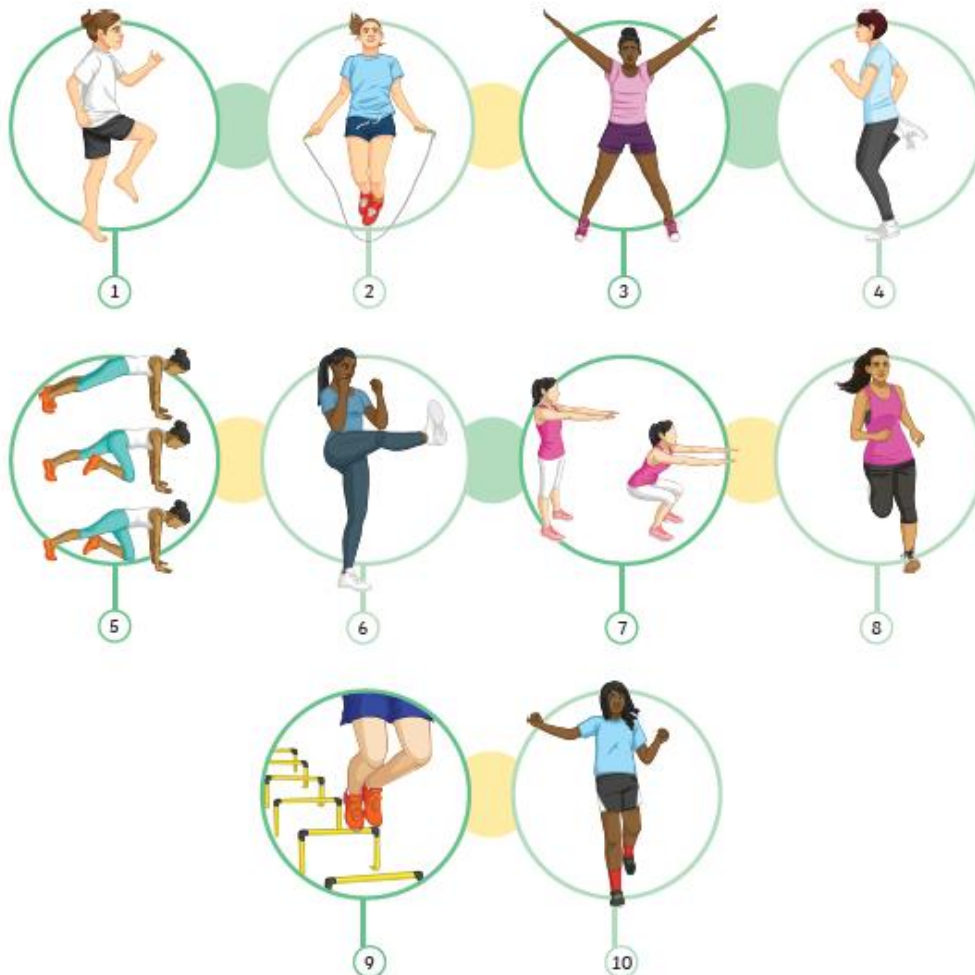
**“Be silly, be honest,  
be kind.”**

**Ralph Waldo  
Emerson**



**Try 4 of each of these pulse raising exercises every day to your favourite dance track. 1. Marching 2. Skipping 3. Star Jumps 4. Bottom Kicks 5. Mountain climbers 6. High knee kicks 7. Squats 8. Jogging 9. Jumping 10. Hopping**

**Get the whole family to join in – who will be the pulse raising champion?!**



**WE'RE IN THIS TOGETHER.  
STAY HOME. STAY SAFE. SAVE LIVES.**