

## Wellbeing Activities: Week beginning Monday 18th January 2021

### Reception

**All you need for the Alphabet Yoga challenge is a small space, your body and your imagination!**

- Can you hold your body in a pose to look like each CAPITAL letter of the alphabet?
- Start with A and then B, C, D and so on. Try and hold each shape for 5 seconds before going onto the next letter.
- Can you complete the alphabet?

### **INCREASE THE DIFFICULTY**

Can you transition smoothly between each letter shape



Allow time for relaxation and mindfulness in your week. This really helps your mind to stay healthy and relaxes your body. Try some of the activities below. Your grown ups might like to join in as their wellbeing is important too!

You can highlight the links, right click and select 'open hyperlink' or copy and paste into your web browser. Enjoy!

Yoga Bears Poses - How many can you do? YogaBears is a unique Children's Yoga curriculum designed to nurture each and every child's superpowers! Discover our A to Z too

<https://www.youtube.com/channel/UCOhsO9HeXgvct90TTv7be2g>

Have a go at some 'FROZEN' themed Yoga:

<https://youtu.be/xlg052EKM+k>



# FEELINGS YOGA



1. Pretend to be a grateful giraffe.

2. Pretend to be a finicky flamingo.



3. Pretend to be a caring koala.

4. Pretend to be an excited elephant.



5. Pretend to be a frustrated frog.