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| **Food Diary**  Keep a food diary for the week.  See if you can identify which of the main food groups your food belongs to: carbohydrates, vitamins and minerals, protein, fats, dairy. Search online for the ‘’Eatwell Plate’’ to help you! | **The ‘’No Hands Get Up’’**  Sit down on the ground with your legs crossed and try and stand up WITHOUT using your hands or arms!  (TRICKY!!) | **Socks in the basket!**  Ball up some pairs of socks and use a bucket or washing basket. Start by taking one step back from the basket and underarm throw the socks into it. Then, take two steps back and so on! | **Juggling**  Learn how to juggle! Juggling is great for boosting your brain development. Watch this video for some top tips:  <https://www.youtube.com/watch?v=k5gA2RWDujY>  If you do not have juggling balls, you could use tennis balls, or rolled up socks! |
| **Homemade Javelin**  Take an empty kitchen roll tube and place some rolled up socks in one end. Feel free to decorate it first. Create a starting line and see how far you can throw it. If you are on your own, try and beat your distance each time! | **Cosmic Kids Yoga!**  Cosmic Kids Yoga has some brilliant yoga sequences for children to follow, along with a story:  <https://www.youtube.com/watch?v=on_9AhPQigE> | **Trolls Dance Party!**  Trolls Dance Party  Follow along to a Trolls Dance!  <https://www.youtube.com/watch?v=KhfkYzUwYFk> | **‘’Kick Up’’ Challenge**  Learn how to do a Kick Up here: <https://www.youtube.com/watch?v=GcCv9MeGqS0>  Challenge yourself to see how many you can do in a row! |