


















- Roll a dice and do the activity 😊
- Challenge someone in the house, who can get the most done in one day?

<p>Hand Crawls</p> <p>Make your fingers into a crawling spider- make your spider walk or run across the table.</p> 	<p>Scrunch It</p> <p>See how many times you can scrunch tissue paper into a ball.</p> 	<p>Wrap Up</p> <p>Wrap yourself in a heavy blanket or use a weighted vest.</p> 
<p>Chair Pushes</p> <p>Sit on a chair. Hold the sides of the chair and push yourself up, off the chair. Can you do 10 chair pushes?</p> 	<p>Wall Pushes</p> <p>Find a space against a wall. Place your hands on the wall and take two big steps back. Can you push yourself backwards and forwards?</p> 	<p>Peanut rock</p> <p>Find a space. Tuck your knees into your chest. Can you rock backwards and forwards.</p> 
<p>Deep Breathing</p> <p>Take 10 deep breaths.</p> 	<p>Spinning</p> <p>Stand on the spot. Spin round in circles one way, then spin the opposite way.</p> 	<p>Music Time</p> <p>Listen to music using headphones.</p> 

- Roll a dice and do the activity 😊
- Challenge someone in the house, who can get the most done in one day?

<p>Hand Crawls</p> <p>Make your fingers into a crawling spider- make your spider walk or run across the table.</p> <p>9:00</p> 	<p>Scrunch It</p> <p>See how many times you can scrunch tissue paper into a ball.</p> <p>10:00</p> 	<p>Wrap Up</p> <p>Wrap yourself in a heavy blanket or use a weighted vest.</p> <p>11:00</p> 
<p>Chair Pushes</p> <p>Sit on a chair. Hold the sides of the chair and push yourself up, off the chair. Can you do 10 chair pushes?</p> <p>12:00</p> 	<p>Wall Pushes</p> <p>Find a space against a wall. Place your hands on the wall and take two big steps back. Can you push yourself backwards and forwards?</p> <p>1:00</p> 	<p>Peanut rock</p> <p>Find a space. Tuck your knees into your chest. Can you rock backwards and forwards.</p> <p>2:00</p> 
<p>Deep Breathing</p> <p>Take 10 deep breaths.</p> <p>3:00</p> 	<p>Spinning</p> <p>Stand on the spot. Spin round in circles one way, then spin the opposite way.</p> <p>4:00</p> 	<p>Music Time</p> <p>Listen to music using headphones.</p> <p>5:00</p> 