
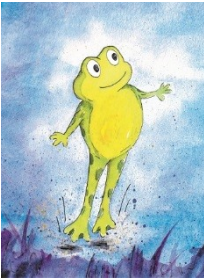






Show Me – Activity Worksheet

	<p>1. <u>Warm up</u> Stand tall and reach as high up as you can, stretching your arms above your head. Tell the children to take slow, deep breaths.</p>		<p>2. Stand on the spot and stamp your feet, raising your knees and swinging your arms by your side.</p>
	<p>3. <u>Getting active</u> Encourage the children to go around in a circle, arms spread out wide pretending to fly - walk or jog.</p>		<p>4. Dancing; anything goes! Gently swaying and moving around or jumping, shaking, wiggling, twisting... whatever!</p>
	<p>5. Jump up and down, crouching down to the floor and springing up, moving all around the room.</p>		<p>6. Waddle around the room with small fast steps, head held high, arms flapping up and down</p>
	<p>7. Run as fast as you can, either around the room or on the spot depending on how much space you have.</p>		<p>8. <u>Cool down</u> Wave your hands up and down, wiggle your fingers, move around and pretend to gently fly.</p>
	<p>9. Ask the children to lie down on their front, arms by their sides, close their eyes and wriggle gently forwards.</p>		<p>10. <u>Relax</u> Stand tall, balance on one leg, hands in prayer position in front, breathing deeply in and out.</p>
	<p>11. Congratulate the children and ask them to give themselves a big cheer and a round of applause!</p>		<p><u>The end</u> The session is over... you can move on, or take this opportunity to talk about why exercise is good for you.</p>

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Introduction

Being active helps children to have a better outlook on life by building confidence, managing anxiety and increasing self esteem. There are also academic benefits, and let's not forget that childhood obesity levels continue to rise... so let's do something about it!

Activity and wellbeing session

Ask the children to find a space and sit down and make themselves comfortable.

Explain that you are going to read to them and show them pictures of animals. Tell them you want them to listen to the verses, then when you say **"SHOW ME, what does the animal do"** you would like them to move around like the animal in the verse...

...until you raise your hands in the air and slowly lower them, which indicates that you are going to move on to the next verse, so they should stop moving around and listen.

Explain that they can sit or stand (whichever you prefer) while you show them the next image and read the next verse, before moving around again when you say **"SHOW ME, what does the animal do"**.

For each verse you can lead the actions: **see below**... or let the children take the lead – they'll know what to do!

Relaxation techniques

Depending on the age of your group, you could incorporate relaxation techniques into the warm up and cool down verses... ask the children to:

- close their eyes and focus on their breathing, breathing naturally at first then taking deep breathes in and out, breathing in through the nose and exhaling through the mouth.
- practice muscle relaxation, tensing their muscles then relaxing them until they feel relaxed and floppy. Start with the head and shoulders if standing, or the feet if lying down.

Research

You'll find research based information on the mental, physical and emotional health benefits of being more active on my website, specifically in my wellbeing article "Making Exercise Fun".

There are other resources on the website too – take a look!

www.traceythomson.com