



St John's Family Wellbeing Workout Page



Welcome to the St John's Family Wellbeing Page!

The summer term is going very quickly! Why not try out all of the wellbeing activities on our family workout page. What's your name? Try out this kids 7 minute HIIT workout to help with self-regulation. This week I have a mindfulness scavenger hunt for you to try. I had lots of fun and hope you do too! If you have ideas for the next page let me know.

Mrs Henderson



Weekly wellbeing tip

Write a thank you note to someone important in your life who has helped you

KIDS 7 MINUTE HIIT WORKOUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

Joyful Jellyfish

1 Lie down on a mat or blanket. Let your arms rest loosely by your sides.

2 Close your eyes and notice your tummy rising and falling with your breathing.

3 Feel your muscles sinking into the floor beneath you. Let your body be as still as possible.



4 Imagine you are a joyful jellyfish floating in the water.

5 Now let your worries glide off your jelly body. Feel them slip away in the water.

6 Float freely through the sea — nothing in your way, nothing holding you back.

7 When you are done, rise slowly, taking your joyful jellyfish heart with you.



Mindfulness scavenger hunt...try to find something you can see, hear, smell, taste and touch! Make sure it is safe to collect your items, have a look at mine!



Take time to relax...



Remember, it's okay to not be okay. We all need someone to talk to sometimes. Contact Mrs Henderson for information and support.

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