



Health and Well Being

There are three activities this week to try: **1. Joe Wicks Fitness**
2. Hungry Caterpillar Yoga and **3. Gross Motor Skills.**

1. Joe Wicks

Join in with Joe Wicks' daily exercise class [live on YouTube](#) at 9am every day.

2. Hungry Caterpillar Yoga

Have a try at this lovely yoga for children activity – click the picture to access it online:



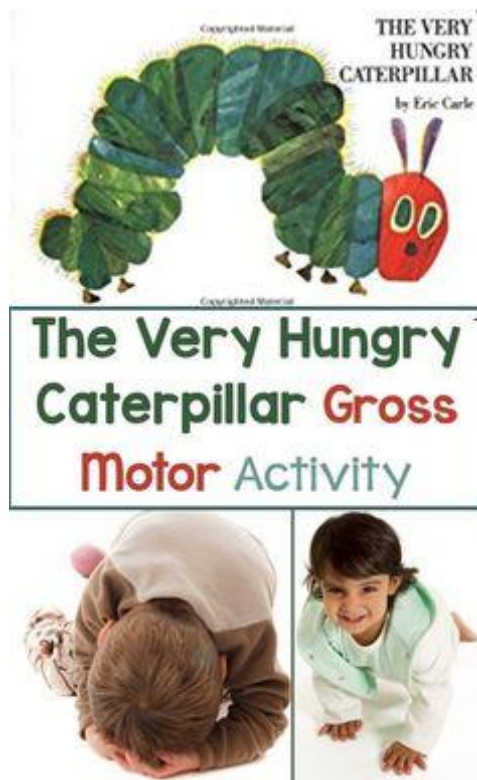
3. The Very Hungry Caterpillar Gross Motor Skills

Ask your child to pretend to be caterpillars and act out how they turn into butterflies by first **curling up in a ball to represent the egg**.

Next, have them **crawl out of the egg as a caterpillar and look for food**.

Then have them **crawl under a big blanket or sheet and wrap them up like they are in a cocoon or chrysalis**.

Pull the sheet or blanket off and **have them fly out like a butterfly**.



Please send us pictures of what you have been up to:

[Mrs Timmins email](#) or [Mrs Rudge email](#)

We will share pictures on ClassDojo [please email us](#) so we can send you the link if you're not on ClassDojo yet.

It's lovely receiving all the pictures! Thank you so much!