

Staying Active Physically + Mentally

Spend 30-45 minutes each day being active. Choose from the following options.

1. **Go outside and do active play!**
2. **Check out one of these videos and follow along:**
 - [Beachbody Kids Workouts](#)
 - [Kids Workout 1 Beginners](#)
 - [Kids Workout!](#)
 - [Fitness Blender Kids Workout](#)
 - [Kids Workout 2](#)
 - [14 Best Exercises for Kids](#)
 - [10 Fun Exercises for Kids](#)
3. **Refer to one of these websites for different strength training ideas:**
 - [16 Strength-Training Exercises for Kids](#)
 - [6 Easy and Simple Exercises for Kids](#)
 - [Full Body Conditioning Exercises for Kids](#)
4. **Put on your favourite music and dance! Or follow along with one of these videos:**
 - [“Fight Song” by Kidz Bop](#)
 - [“Best Day of My Life” by Kidz Bop](#)
 - [“Me Without You” by Toby Mac](#)
 - [“Eye on It” by Toby Mac](#)
 - [“Dino Stomp” by Koo Koo Kanga Roo](#)
 - [“Get Yo Body Movin” by Koo Koo Kanga Roo](#)

Refer to one of the websites for Mindfulness Practice:

- [25 Fun Mindfulness Activities for Children and Teens](#)
- [5 Fun Mindfulness Activities for Children](#)
- [5 Mindfulness Activities for Kids](#)
- [7 Fun Ways To Teach Your Kids Mindfulness](#)
- [15 Fantastic Ways to Teach Mindfulness to Kids](#)

