

#ActiveFamiliesSTW

Physical Activity | Mindfulness | Healthy Eating

For families with primary-age children

1. Active kids



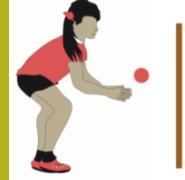
<https://www.activekidsdobetter.co.uk/active-home> Active Kids Do Better

2. Nature bingo



[Sounds of nature bingo](#)

3. In 60 seconds



[YST 60 second challenges](#)

4. Cosmic kids yoga



[Yoga Bear Hunt Adventure](#)

5. Football



[Football's staying home](#)

6. Let's dine



[Let's dine](#)

7. Family activities



[YST Active Families](#)

8. Disney dances



[Disney Dance-alongs](#)

9. Mindfulness Jar



[Mindfulness jar](#)

10. Joe Wicks



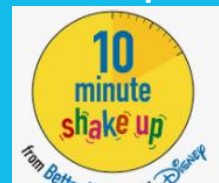
[PE with Joe Wicks](#)

11. Garden Games



[Panathlon garden games](#)

12. Shake ups



[10 minute shake ups](#)

13. Fun athletics



[Funetics](#)

14. Bound 4 Beijing



[Bound for Beijing](#)

15. Supermovers



[BBC Supermovers](#)

16. Origami fun



[Origami-fun](#)

17. Heart detective



[Heart Detective](#)

18. Tennis



[Tennis at home activities](#)

19. Spring Spotters



[Spring Spotter challenge](#)

20. Mindfulness



[Belly Breathing](#)