



## Strength and Balance Activities: Sport



### Challenge of the day:

- With your hands and toes on the floor, do a press up.
- **Try this if you want more help:** push against a wall or a table.
- **Try this if you want an extra challenge:** use the tips of your fingers or use one hand to push up.



### Positive mindset:

I am brave.



### Kind action of the day:

What could you do to be kind to someone today?

# Strength and Balance Activities: Sport



## Today's challenge:

### First step:

- Stand in front of a wall.
- Push your hands against the wall so your body moves away from the wall.

### Next step:

- Put your hands and toes on the floor so you are in a push up position.
- Bend your arms so your body gets close to the floor.
- Push your body up again using your arms.

### Extra challenge:

- Push up from the floor only using your fingertips.



## Positive mindset:

I am brave.



## Kind action of the day:

Think about how you could be kind to someone today.