



Strength and Balance Activities: Sport



Challenge of the day:

- Lay on your back and move your legs in the air like you are cycling on a bike.
- **Try this if you want more help:** sit or stand and cycle your arms instead.
- **Try this if you want an extra challenge:** cycle your legs and arms at the same time.



Positive mindset:

I can do hard things.



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:

- Cycle your arms in front of you.
- You can do this sitting or standing.

Next step:

- Lay on your back.
- Cycle your legs in the air.

Extra challenge:

- Lay on your back.
- Cycle your legs and your arms at the same time.



Positive mindset:

I can do hard things.



Kind action of the day:

Think about how you could be kind to someone today.