

# Exercise class

## What to do:

- Create a home gym or dance class.
- Write down different ideas for work stations and place on the floor, e.g. 10 sit ups, 5 star jumps, run on the spot for one minute etc.
- Or you could put some music on and just have fun dancing or create a dance together.

## What you need:

- Music and energy!

## Benefits of this experience:

This will help everyone get some exercise, but it will also help children to hear words to describe different movements and different body parts.

## Story and rhyme time:

Visit your local library to find these books:  
'The Busy Body Book' by Lizzie Rockwell.



**Suitable for:**  
All ages

