



CUMBERLAND
CITY COUNCIL

Kids at Home Challenge

APRIL 2020

*Cumberland Children, Youth
and Families Services*

Name: _____

How many can you do in 100 seconds? – Record your score daily to track your progress

	Jumping Jacks:
	Sit Ups:
	Jump Rope:
	Hopscotch:
	Mountain Climbers:
	Frog Jumps:
	Clothes put on the line:

SIMON SAYS

Get your kids moving by playing Simon says with these fun physical activities. You decide when or if you say Simon says.

- Shake your whole body
- Jump up and down 12 times
- Spin around in circles
- Wave your arms above your head
- Walk like a bear on all 4s
- Hop like a frog
- Walk on your knees
- Lay on your back and pedal your legs in the air like you are riding your bike
- Hold out your arms out at your side and make circles with them in the air
- Hop on your right foot for a count of 10
- Bend down and touch your right foot 10 times
- Hop around like a kangaroo
- Balance on your left foot for a count of 10
- Balance on your right foot for a count of 10
- Bend down and touch your toes 10 times
- Reach behind you and try to hold your right foot with your left hand without falling over
- Reach behind you and try to hold your left foot with your right hand without falling over
- Do the strangest dance you can think off
- Take 5 of the biggest steps forward

IT'S DANCE TIME

Turn your lounge room into a disco! Close the blinds, get out torches, Christmas lights or glow sticks and have a disco!

Choose your favourite music and turn it up. Dance and sing worries away. Or, start a family dance group.



HANDBALL COMPETITION

If you've got some chalk, draw out a handball court on your driveway. Challenge family members to a game.

Remember the positions of Ace, King, Queen and Duncie.

See if family members have different rules that they use.



WHAT'S YOUR NAME

This fit activity for kids requires them to spelling out their full name and complete the activity listed for each letter. For a greater challenge include your middle name and do each one twice, for variety you can use a favourite character name or family member.

- A Jump up and down 10 times
- B Hop on one foot 5 times, then repeat with the other foot
- C Run to the nearest door and back
- D Do 10 burpees
- E Walk like a bear for a count of 5
- F Do 10 jumping jacks
- G Do 10 push ups on your feet
- H March like a soldier for the count of 10
- I Walk backwards for 25 steps
- J Touch your toes 25 times
- K Balance on your right foot for a count of 10
- L Balance on your left foot for a count of 10
- M Walk sideways for 25 steps
- N Pick up a ball without using your hands
- O Roll a ball using only your head
- P Do 25 jumping jacks
- Q Crawl like a crab for a count of 10
- R Do 20 sit ups
- S Skip around the backyard lifting your knees as high as you can
- T Lay down on your back and pretend you are riding your bike and pedal both legs for a count of 25
- U Walk backwards for 50 steps and then skip back to the starting position
- V Set up a line of balls across the yard. Hop over each ball in the line
- W Cross March - March around the yard as you raise a keen touch it with the open palm of your opposite hand
- X Walk on your knees for a count of 10
- Y Do 15 lunges alternating between legs
- Z Using a jump rope jump for the count of 20. If you don't have one just pretend and jump up and down using circular motions with your hands



SETTING GOALS

Goal setting is an action plan that focuses on a pathway that we have chosen to take in our lives. Goals give us actions to look forward to and help us bring our dreams to life.

Brainstorm session

What do I enjoy doing?

What am I good at?

What motivates me to be the best that I can be?

Who do I look up to and why?

Where do I see myself in 1 month, 1 year or 5 years?

1. Make a list of all the things you would like to achieve. It is best to make these lists into three categories (short term, medium term and long term) this will give you an opportunity to achieve daily, weekly, monthly or even yearly goals.
2. Your goals must be realistic. If you want to become a professional athlete do not make that a short-term goal as you will be setting yourself up for failure. Becoming a professional athlete is a long-term goal as it can take many months or even years of practice and training to achieve this.
3. Pick a date to achieve your goal by.
4. Write a list of the actions you must take to achieve this goal. Example if your goal is to get good marks in your HSC then put together a study plan on when, where and how long each study session will go for.
5. Once you have reached your goal remember to treat yourself for a job well done.



Activity 1

What are my superpowers?

Write down everything you are good at e.g. drawing, being kind, sport, schoolwork, you never give up.

Activity 2

Think about the best thing that has happened to you in the last 6 months and write a story about it.

This can also be a goal you may have achieved and add in what you did to achieve this goal.

Activity 3

Write down all the things you are grateful for using the acronym below to start your sentence. These could be something you have, something you enjoy looking at, something you enjoy doing, family and friends.

G.....

R.....

A.....

T.....

E.....

F.....

U.....

L.....

Activity 4

Think about anywhere in the world or even outer space or a made-up place that you would love to visit. Write about it and think of what this place would be like. What can you do there? Draw a picture about what this place looks like. Your imagination is your only limit.

Activity 5

Write 3 different ways you can be kind and how you can show this kindness. Practice these ways in everyday life. Being kind to someone just might make their day.

Family Game

Every time you think of a place you want to go to, an activity you want to do or a person you would like to see write it down on a piece of paper and put it in a jar or a bowl.

Once everyone is well and we can go back to our normal way of life, pull out a paper from the jar and ask your parents if you can do it.

DAILY, WEEKLY OR MONTHLY LOG

Keep a log of things to keep you on track. This can be done daily, weekly or monthly

1. One thing I can do better
2. A kind gesture I did
3. What goal did I achieve
4. What goals would I like to achieve
5. Can I learn from any of my mistakes
6. Did I learn anything new
7. List of things I'd like to learn
8. Is there something good I can teach someone
9. What physical activity have I done
10. List of healthy foods I have eaten

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



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