SPORTING INFLUENCE - CHILDREN'S MENTAL HEALTH AWARENESS WEEK

# **Boredom Buster**

A mix of videos, challenges and guides to bust boredom

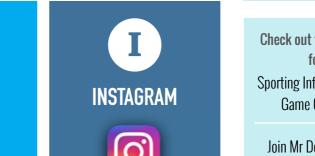
Positive Parrot: "There is always somebody to talk to."

## **Children's Mental Health Week - Pilates**

30 minutes of pilates to prepare the body for anything that comes your way!

#### Keep up to date with Sporting Influence

Follow us on social media for up to date news, competitions and much more.





Healthy Harry's Lunch Box Click the picture to take a look at Healthy Harry's lunch today!



**COSMIC KIDS** Bring reality TV to your yoga with a special Masked Singer Yoga

Check out the next page for... Sporting Influence's Great **Game Collection** 

Join Mr Doey for some Thinking Fitness.



## **Thinking Fitness**



Answer the questions, complete the skills, avoid the forfeit. Earn points for your team whilst we learn and stay fit!

### Sporting Influence's Great Game Collection

Take a look each week to find a new game that you can play at home or school. Most of the equipment can be swapped to make every game achievable. Games can be made easier of harder to meet the ability and age of any Primary School Child. Click the pic to access the

workout. Rhyme Rally The children start standing in front of each other. The adult ust start the children off with a word. They then play word tenn aying REAL WORDS which rhyme with the original word. If a chi stutters, gets it wrong or takes too long they will lose a life. Live are represented by changing position. Supporting schools through Corona Virus WWW.sportinginfluence.com