

Mission: Sport at home

march 2020

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RELAX...

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RELAX...

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RELAX...

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START!
<https://www.youtube.com/watch?v=oc4QS2USKmk>
 RELAX...
<https://www.youtube.com/watch?v=LOYxOzMUgAY>

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LET'S DANCE TOGETHER
<https://www.youtube.com/watch?v=p7yYiLEus7w>
 Relax...
GO HUG YOUR FAMILY!

20

Easy peasy, lemon squeezy!
<https://www.youtube.com/watch?v=kYsA9-Qbtyk>

21

TRY IT SLOWLY...
<https://www.youtube.com/watch?v=TSjl4RnHHf0>
 RELAX...
<https://www.youtube.com/watch?v=QOE2qjdMXOQ>

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IN FAMILY!
PLAY WITH A BALL (OR SOMETHING LIKE THAT)

23

CHEER UP!
https://www.youtube.com/watch?v=OoG005_yvQg
 RELAX...
Eat some fruit!

24

YOGA TIME
<https://www.youtube.com/watch?v=nNbRQX8yJWs>

25

YOU CAN DO IT!
https://www.youtube.com/watch?v=o8uTdn_zkok
 RELAX
Breathe...

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GIVE YOUR BEST!
<https://www.youtube.com/watch?v=ozG4PFFP5A>
CREATE A GAME WITH YOUR FAMILY

27

Time to dance
<https://www.youtube.com/watch?v=eE4sTyxHBW4>
 Relax...
TALK WITH YOUR FAMILY

28

COME ON, GET UP FROM THE SOFA!
<https://www.youtube.com/watch?v=nc7IBt6yD3I>

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IN FAMILY!
HIDE AN OBJECT AND TRY TO FIND IT

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