We all know exercise has many health benefits, but did you know it can be a great circuit breaker when things are getting a little heated at home? Sometimes grumpy moods and stress can benefit from burning some energy and getting your heart and those feel-good feelings pumping. Grab the kids, clear a space (or head outside) and give these easy moves a go.

for parents & young kids

**Bust a Mood!**

- **Jump like a frog**
- **Touch the sky and touch your toes**
- **Wiggle your fingers**
- **Shake and jiggle your arms and legs**
- **Dance to your favourite songs**
- **Stretch with a big yawn**
- **Take slow deep breaths in and out**

Ask yourself and the kids, what are the movements that you found:

- relaxing:
- tough:
- silly:
- fun:

Which ones would you like to do every day?
When it comes to exercise, getting started can be the hardest part! Sometimes it helps to just take notice of our bodies first, and the enjoyable sensations they can bring us.

Check off these activities as you do them. As you’re doing them, take time to notice how your body feels. You might like to talk to the kids about how their body feels too:

- Scrunch leaves in your hands
- Feel the grass under your feet
- Spin in a circle
- Let dirt fall between your fingers
- Make sounds with rocks
- Feel the sun on your cheek
- Run until you’re puffed
- Splash your face with water
- Make as many different shadow puppets as you can using your fingers

#madetomove
Talking about what exercises you want to try can help you find ways to motivate and support each other. Have a go at each talking about what interests you when it comes to your fitness and moving your body. Brainstorm below. Then as a family stick your thoughts somewhere like the fridge to see every day.

Ideas to get you going: Volleyball, running outdoors, skateboarding, rollerblading, outdoor cricket, swimming, surfing, bush-walking, yoga, rock climbing, walking with friends, a family bowling team... or make up your own!

Exercises we want to do as a family:

Exercises we want to do solo:

Exercises we want to do with friends: