

Songs for dancing to!

The Learning Station – Jump Up, Bend Down

<https://www.youtube.com/watch?v=X7jSWdnoshw>

The Learning Station – Move and Freeze

<https://www.youtube.com/watch?v=SrvvnWq3eiU>

The Learning Station – Happy Dance

<https://www.youtube.com/watch?v=cQ6BPWylueQ>

The Learning Station – I am the Music Man

<https://www.youtube.com/watch?v=22kqia2ibVU>



You tube workouts and yoga

The Kids Coach fitness workout – Space Launch

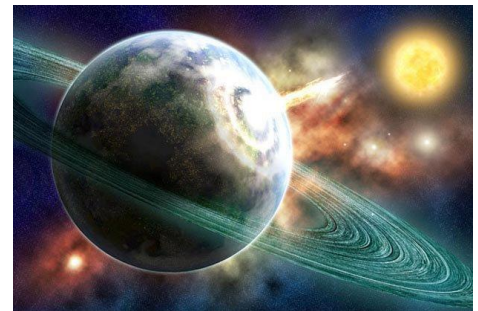
<https://www.youtube.com/watch?v=zitpzn6xMdM>

Space Yoga – Mike and Muttnik on the Moon Cosmic Kids yoga Adventure

<https://www.youtube.com/watch?v=v9W8iV4AJYQ>

The Body Coach – Batman workout and many P.E with Joe workouts

<https://www.youtube.com/watch?v=HVdBlK3jVqw>



The RSPB Big Garden Birdwatch

Ideas and activities for the Big Garden Birdwatch 29th – 31st January

<https://www.rspb.org.uk/get-involved/activities/birdwatch/>



Fun activities to make at home

Homemade Kinetic Sand

4 cups of flour

1 cup of baby oil

Mash/mix it together until it resembles fine crumbs.



Salt Dough

$\frac{1}{4}$ cup of water

$\frac{1}{4}$ cup of salt

$\frac{1}{2}$ cup of flour

Mix the flour and the salt together, add the water very gradually and mix really well. Knead for a few minutes before rolling out and cutting into shapes.

Play Dough

4 tablespoons flour

2 tablespoons salt

Mix flour and salt together. In a bowl add a small cup of warm water. Add 4/5 drops of food colouring to the water and a tablespoon of vegetable oil. Add the flour and salt mix to the water and mix this really well. Flour the table, knead well and cut into shapes.

Pasta necklace

Penne pasta

Paint

String or wool

Paint the pasta shapes and allow to dry.

Thread the wool or string through the pasta and tie to make a necklace.