**Wellbeing activities to try:**

- **Step In, Step Out challenge**— How many times can you step in and step out of a circle in 60 seconds? Step in and out 1 foot at a time, both feet must step into the circle and then out again, no jumping.

- **Juggling**— Using a tissue, light scarf or plastic bag try juggling 1 handed (right hand to right hand etc.), try 2 handed (right hand to left hand etc.) then try with 2 or 3 tissues, scarves or bags.

- **Stand and Clap**— While standing clap the inside or each foot with the opposite hand, firstly to the front of your body and then behind. How fast can you do it?

**Other places to get ideas:**

- [Click Here](#) to see the Youth Sport Trust PE Activities