



## Being kind to your body!

Be kind to your mind and body with this fitness activity. Spell 'Kindness' by performing the activities linked to their letters. You could also perform your name, your favourite food or place. You could even perform some words associated to 'kindness'. Can you think of any?

A - 45 sec Plank	N - 25 Squats
B - 50 Jumping Jack	O - 25 Burpees
C - 30 Squats	P - 15 Arm Circles
D - 10 Burpees	Q - 45 sec Plank
E - 1 min Wall Sit	R - 15 Push-Ups
F - 15 Push-Ups	S - 30 Burpees
G - 20 Arm Circles	T - 30 Arm Circles
H - 20 Squats	U - 40 Jumping Jacks
I - 30 Jumping Jacks	V - 3 min Wall Sit
J - 45 sec Plank	W - 20 Burpees
K - 10 Push-Ups	X - 60 Jumping Jacks
L - 2 min Wall Sit	Y - 45 sec Plank
M - 20 Burpees	Z - 20 Push-Ups

If you're not sure about a movement, ask an adult! You can swap the movements about to suit your own level of fitness and ability!

Have fun!