

Child and family activities for COVID-19 virus isolation

Physical and Mental well-being is important for all of us. Here are some fun and simple ideas to get both children and adults active, to keep fit and healthy during any home isolation periods.



Be **#COVIDFit**



Be a **CHAMP Family**

AUGUST 1, 2020
PUBLIC HEALTH DEPARTMENT
St Bernard's Hospital, Gibraltar

Set some Personal challenges!

1. Stork balance



How long can you balance on one leg?

Can you balance for the same amount of time with your eyes closed?

2. Plank challenge



How long can you hold each plank pose?

3. Football Keep ups & Freestyle challenges

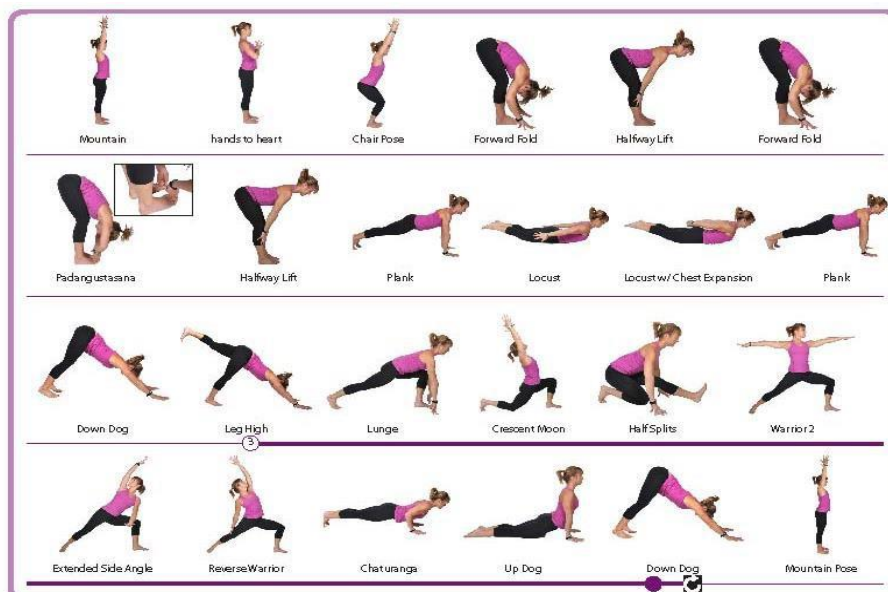
<https://www.youtube.com/watch?v=vnfg1u7tX5o>

<https://www.youtube.com/watch?v=J3-h3MV0yNw>









4. Yoga exercises

Try holding some yoga poses; if you enjoy them try finding more on line!



Beat each other's scores!

Activity	Picture of how do the activity	Score	Score	Score	Score
<p>Press up</p> <p>How many press ups can you do in a row without stopping?</p> <p>(choose your level)</p>	 <p>Easy Hard</p>				
<p>Sit ups</p> <p>How many sit ups can you do in a minute?</p>					
<p>Plank</p> <p>Can you hold the plank?</p> <p>EASY – 30 secs</p> <p>MEDIUM – 45 secs</p> <p>HARD – 60 secs</p>					
<p>Squats</p> <p>Choose a level:</p> <p>EASY – 30 secs</p> <p>MEDIUM – 45 secs</p> <p>HARD – 60 secs</p>					
<p>Lunges</p> <p>Choose a level:</p> <p>EASY – 30 secs</p> <p>MEDIUM – 45 secs</p> <p>HARD – 60 secs</p>					
<p>Side lunges</p> <p>Choose a level:</p> <p>EASY – 30 secs</p> <p>MEDIUM – 45 secs</p> <p>HARD – 60 secs</p>					

Try an Indoor scavenger hunt

Use items you have in your house. Establish your list (you can take pictures of items on your phone or tablet) and then see how quickly can you find all the items!

Examples may be:

Something beginning with the letter C

Something shiny

A family photo

A spoon

A favourite fruit or vegetable

Something with a smiley face

Something that makes a noise when shaken

Something soft

Something white

Something with two hands and a face but has no arms or legs

Something you can smell

Sunglasses

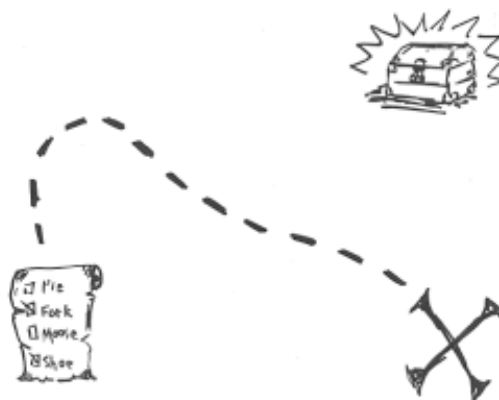
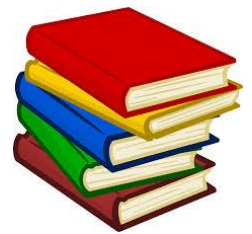
A toy car

A book

A ruler

A lunch bag

Something round



There are loads of resources online:

- <https://www.nhs.uk/change4life/activities>
- <https://www.unicefkidpower.org/fun-sports-activities-games-resources-kids/>
- <https://www.sportsrec.com/5185418/indoor-sports-activities-for-kids>
- <https://kids.guinnessworldrecords.com/activities/try-this-at-home-backyard>
- <https://www.sportengland.org/news/how-stay-active-while-youre-home>
- <https://www.homeschooling-ideas.com/kids-sports-activities.html>
- <https://familyeguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>

Including videos on YouTube e.g.:

- <https://www.youtube.com/user/CosmicKidsYoga>
- <https://www.youtube.com/watch?v=WmGjxU3Ggko>
- https://www.youtube.com/watch?v=o8uTdn_zkok
- <https://www.youtube.com/watch?v=8y6blbr-Hn0>

Some by our very own GHA physiotherapists:

- https://www.youtube.com/watch?v=C_zJOHK95Wg&t=16s
- <https://www.youtube.com/watch?v=3dt8SYPSY1A&t=2s>

Remember,

Regular exercise and physical activity is an important part of staying healthy. Being active will keep bones healthy, encourage muscle strength and flexibility, and can prevent weight-gain. It can also be a great way of reducing stress levels and lifting mood when you feel down. By encouraging children to be active from a young age the positive habits can be set early and have a longer lasting benefit.

Stay Healthy and Active!