

Family Time Tips

Twist and turn TUESDAY

ANIMAL YOGA: If your little one sometimes needs to slow down, unwind and feel calmer, why not try some 'Animal Yoga?'

- *Butterfly pose:* Encourage your little one to sit with the soles of their feet together, so the legs look like butterfly wings.
- *Mouse pose:* Kneel with forehead on the floor.
- *Snail pose:* Just like mouse pose, but the arms are straight out on the floor, above the head.
- *Sea Lion: pose* Lay on the tummy and use the arms to push the body up off the floor.



Happy unwinding! (with thanks to [FiveMinuteFun](#) for the idea and the photo)



FROGGY FUN: Today, why not take some paper or cardboard and with the help of your little one, cut out some 'lily pads'? Then place them on the floor (be careful that the pads don't slip) and encourage your little one to hop, skip, and jump to them, helping their physical development and co-ordination.

You could even make the activity harder by numbering them so that they have to visit them in order. Then when they are tired of jumping, take a small ball or rolled up sock and see if they can dribble it around the lily pads without touching them.

Happy jumping! (with thanks to [ToddlerApproved](#) for the idea and image)

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BAREFOOT FUN: Today, why not celebrate our fabulous feet with some barefoot fun? Here are some great ideas that will help to develop and strengthen your little one's feet, ankles and lower legs.

First, why not try 'Toe Tug-of-War'? All you need to do is sit on the floor, facing your little one with legs outstretched. Then place a towel, T-shirt or piece of fabric between you both and encourage your little one to curl their toes around it. Finally, using only your toes to hold your end, pull and tug until one of you lets go.

The 'Tootsie Challenge' is fun too! Encourage your little one to collect some hard and soft objects, not too big or heavy as they are going to be picking them up with their toes. Then spread them on the ground next to an empty box. Finally, the two of you and any other family members pick up and drop as many of the objects as they can into the box using only their toes.

Pheweee!

Happy Toe Twiddling! (with thanks to the Foot Files and [Inspired Treehouse](#) for the inspiration and image)



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BODY BRIDGES: Today, whether you're inside or out, why not try making bridges and playing the 'Under, Over' game.

For this activity, you need to lie on the ground and make a bridge shape with your body. Encourage your little one to crawl under the bridge. Then get in the plank position, and this time your little one steps over you. The best part is taking it in turns! Can you crawl under?

For more ideas, try bit.ly/EYbodybridges. Happy bridging!

BINGO EXERCISE: What better way to start the week than with a game of 'Give Me 5 Bingo!'

All you need is a dice and sight of the bingo exercise chart, although no dice is no problem. Just put 1, 2, 3, 4, 5 dots on pieces of paper, jumble them up and then lay them in a line, numbers turned over.

Encourage your little one to roll the dice or turn over one of the pieces of paper. Then match the dots to the chart, choose an exercise to do and do it five times.

Take it in turns, and if you roll a six you get to roll again!

Happy Funday! (with thanks to the [Jufsanne](#) website for the inspiration)

