**Exercise Drill/Dance:**

(15 minutes) To break up periods of intense mental activity, put on some music to do dance exercises to the music. It could be a mini aerobics or fun-dance session. You may also do body picture-shapes or gymnastics (tumbling on mattresses), a ‘Simon says’ dance movement game, or synchronised line dancing for all children in the family to move as a group. With home-based educators, this is important as they may miss times of running around playing with others in the lunch breaks.