



Weekly Challenges!

Week beginning 29th June 2020



Make your own flowers—see separate sheet for ideas

Take part in a music and movement session using the video on the website—can you remember what comes next? What move do you do to each music track?



Do some lovely stretching—this could be your fingers and your hands or your legs and arms, whatever you are able to, maybe you can ask for a nice massage at the same time to help!

Explore anything that spins –you could make your own spinner or choose a toy from home. How fast does it spin?



Remember to do something that makes you smile and laugh

We will be contacting you weekly but if there are any issues or if you just need to talk then please just email or ring us! Please send us photos of what you are up to as we miss you all!

Make your own flowers





How to make spinners

with things you probably have at home

www.teatimemonkeys.com