

Activeasaurus

September

MON

TUE

WED

THU

FRI

SAT

SUN



Summer
Memories

Read the
Activeasaurus
Meditation

All About Me:
Back to School

Paint a
self-
portrait



Woodland
walk

Read a
new book



'zero
waste'
week!



Bring
Literacy to
Life



My
Amygdala

Dance with
sensory scarves!

Walk or
cycle to
school!

Dinosaur
Yoga

Roald Dahl
Day

Recycling
Bingo

Listen to your
heart beat after
jumping!

Ride a bike



Calming
Amygdala

the Great
British Beach
Clean

Create a time
capsule and
bury it



"I am
Active"

Create a
shopping
list



Pencil
Control

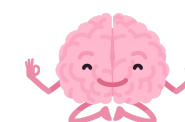


Hold the
tree pose
for 1 min!

Sports
Day!



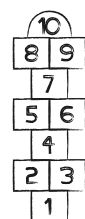
Yoga



Try and
do a push
up!

Brain
Maze

Obstacle
Course



Play hop
scotch

ks1/2

