

New! – Whole Lotta Love (Movement Activity)

Why not try this super fun activity with your children? It is important that we move our bodies every day, but it doesn't have to be boring!

Finding fun ways for children to exercise will support them to stick to it. Exercise and movement has lots of health benefits.

Taking turns at moving different parts of our bodies, e.g. balancing on one foot then the other, helps us use both sides of our brain.

Recommended for: the whole family

WATCH VIDEO Below

This [video by Indoor Recess](https://family.gonoodle.com/activities/whole-lotta-love) <https://family.gonoodle.com/activities/whole-lotta-love> is 14 minutes of fun, silly, exercises, to get the body moving!