

# Haktive at Home

So here's week 2 and another set of challenges. Do at least one every day, 2 or 3 or all 7, pick and choose but do stay active.

Try to do a warm up before and stretches afterwards too.

"..every little bit of activity will help their well being and yours."

Have fun

## The Haktive Challenge-a-Day

- 1.** Hop scotch into every room in your house. Don't forget to change the hopping leg. (2 feet wide, jump to hop on one foot, 2 feet wide, repeat).
- 2.** Play musical statues - pick some good tunes and don't pause it too often. Have a good dance.
- 3.** Pass a ball (or balled up pair of socks) from one hand to the other. Increase speed, distance, height. How many can you do in 1 minute?
- 4.** Housework helpers - Put some music on and either do it properly or pretend you're doing it with the actions. Dusting, sweeping, scrubbing, cleaning, polishing, vacuuming, washing up, drying up.
- 5.** Put a plate, bowl, tea towel or tin in the middle of your floor. Have a ball or balled up socks, take a step back from it, aim at it and try to hit it. If you do hit it, take another step back. Try underarm and overarm. Left and right hand. Or see how many hits you can get in 1 minute, then try to beat that score.
- 6.** Cross the river - Get from one side of the room to the other using tea towels, hand towels (or flannels) without touching the floor.
- 7.** Take a trip to the zoo - make as many different animal movements as you can. Here are just a few suggestions, but you will think of so many more. Lion, monkey, snake, ant, eagle, robin, whale, dolphin, sloth.

**Newsletter & Updates: [Haktive.com/at-home](https://Haktive.com/at-home)**

We will be sharing more updates to help keep you and your family active and happy through our newsletter.