

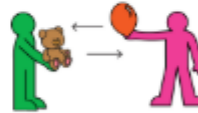
Task 1 - <https://www.nhs.uk/10-minute-shake-up/shake-ups/bo-peeps-herd-and-seek>

Bo Peep's Herd and Seek

- 1 Grab 10 objects and 2 towels.



- 2 The objects are your sheep. Share them equally between yourself and a friend.



- 3 Use the towels to make a home for your sheep.



- 4 You hide your friend's 5 objects, then they hide your objects.



- 5 On the count of 3, both go and find your sheep and bring them home to the pen. The first one to find their 5 objects wins! Keep playing for 10 minutes.



Task 2 - <https://www.nhs.uk/10-minute-shake-up/shake-ups/pumbaas-hippo-hops>

Pumbaa's Hippo Hops

- 1 Grab some cushions, clothes or even pieces of paper to be the hippos, then lay them out across the floor. Make sure they're not too far apart.



- 2 When you're ready, start your crossing! Crouch down like a frog and leap over the first hippo.



- 3 When you land back on the floor, keep hopping to stay out of the mud! Make your way across the mudhole, leapfrogging over the hippos until you reach the other side.



- 4 Once you've made it to the other side, turn around and cross back, leapfrogging the hippos again.



- 5 Keeping playing for 10 minutes, and invent different challenges for each crossing. You could time yourself to see how quickly you can make it across, try to cross making as few jumps as possible, or cross by jumping over every single hippo in the mudhole. Once you've finished, remember to recycle any paper hippos!

