



## HealthPoint

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### Cabin Fever

The last couple weeks have been a whirlwind thanks to a silent intruder aka the Coronavirus. Because of this virus, we have had to adjust our everyday routines and start a new norm which includes home schooling, closure of businesses and “stay at home” orders. Our new norm, although bringing families together, has many children feeling cooped up and going stir crazy. You want to let your child go outside and play to burn off some energy, however, this time of year in Ohio is known for its unpredictable weather including cold temperatures and rainy days. Below are apps and websites that are a great way to keep your child engaged and physically active. These FREE apps and websites have activities geared toward all ages and are the perfect addition to your new daily schedule while providing brain breaks from classwork, giving educational screen time, providing daily exercise and burning off some energy. You can make these activities even more fun by joining in on the exercises with your child!

- 1. Cosmic Kids Yoga:** This fun, YouTube channel has many Yoga themed, interactive videos geared toward preschool and school age children. Join Jamie as she takes you under the sea, up in space, to lands of our favorite animated characters (even Arendalle) and other lands of adventure while guiding your child through yoga poses varying in difficulty. Cosmic Kids Yoga provides over 500 story-based yoga videos ranging from 5 minutes to 1 hr in length to meet everyone's schedules. It is a great way for your child to not only work on their physical but mental health. During one yoga session, your child will have the opportunity to work on their motor planning, strengthening, flexibility, body awareness, coordination, endurance and balance as they are guided through multi-step movement poses. In addition, they can work on mindfulness exercises, relaxation activities and breathing techniques to help calm the body. Cosmic Kids Yoga can be accessed through its youtube page or app on your preferred electronic device.



<https://www.youtube.com/user/CosmicKidsYoga>

- 2. Beachbody Kids Workouts:** During this temporary time off, Beachbody is offering classes for kids without needing to purchase a membership. The exercise classes range from choreographed dances, structured strengthening exercises, cardio exercises to partner activities. All exercises can be modified to meet the needs of all ages and abilities. These 14, kid friendly classes span from 12-35 minutes and are a great way for your child to work on their strength, balance, coordination, ball skills and motor planning. Play the videos on your tv or a large screen to join in and get your daily physical exercise while having fun with your child. Beachbody for Kids can be accessed via the website listed below.



<https://vimeo.com/showcase/6880106>

- 3. GoNoodle:** GoNoodle is a familiar website to many preschool and school aged children and is often incorporated into their school days. It has hundreds of short videos that involve challenges, competitions and dances that can keep your child engaged and moving for hours. These videos are a great way to help your child work on their strength, balance, endurance, coordination and locomotor skills while burning off some energy. GoNoodle can be accessed through its website or app on your preferred electronic device. Parents be warned the songs are catchy and can stay in your head for hours later!



<https://family.gonoodle.com/>

- 4. Exercise Buddy:** Exercise buddy is an awesome fitness app that is geared toward kids who need more support and routine with activities. This app, specifically designed for children diagnosed with Autism, has hundreds of exercises that can be added to “first then” statements and social stories to help encourage participation. In addition, it provides video modelling and visual supports so that your child has a better idea on how to perform each exercise. Parents can monitor their child’s performance through data automatically generated in the app. This app has a free 14 day trial and is available to purchase for a one-time payment membership of \$30. Below is the website for further information on Exercise Buddy.



- 5. Lazy Monster:** Lazy Monster is the perfect fitness app for parents looking to give their child a quick movement break. Follow the friendly monster through 7 minutes of exercises targeting strength, balance and endurance. During the 7 minutes, Lazy Monster will guide you through 30 second intervals of exercises with short breaks in between so he can catch his breath. Lazy Monster exercise routine changes each time you use the app so that your child stays engaged. Below is the website to download and research further in



<https://apps.apple.com/us/app/workouts-exercises-at-home/id882240858>