

# Warm Your Body - Physical Activity

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Activities & Events





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Physical activity is designed for children aged 5 to 14 years, focusing on building strength, coordination, flexibility, and endurance, all while keeping it fun and engaging. The exercises include a mix of warm-ups, bodyweight movements, cardio, and stretches. The workout is easily adaptable to suit each child's fitness level, making it accessible for beginners as well as more active children.



# GOALS:



**Encourage  
healthy  
movement habits**



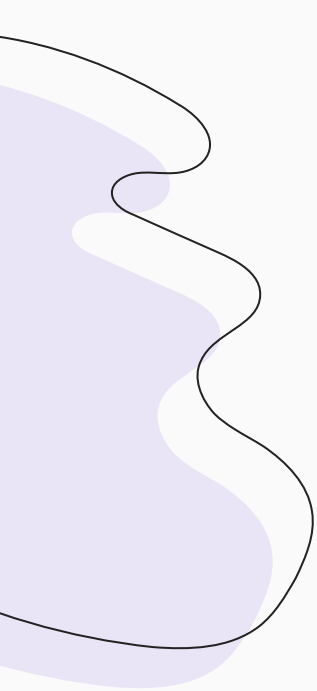


**Build confidence  
in physical  
activities**



**Support both  
mental and  
physical well-being**

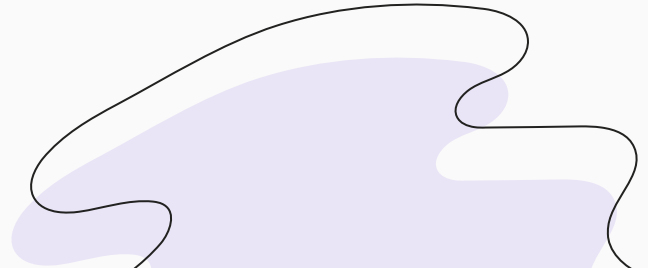
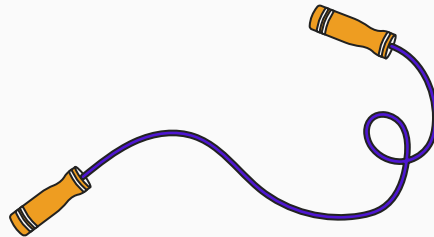
The study found that every additional hour of vigorous physical activity at age 11 was associated with an approximately 12% reduction in the risk of mental health problems (anxiety, depression) by age 18.



Global recommendations say that children and adolescents (6–17 years) should be physically active for at least

**60 minutes a day**

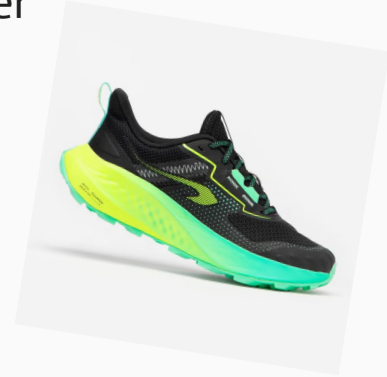
including playing, running, jumping, and playing sports.



# REQUIREMENTS:



- **Hydration** : Make sure that kids drink water before and after physical activity.
- **Clothing** : It should be comfortable, loose clothes. Sneakers with a good grip are ideal.
- **Space** : Kids should be able to move freely.



# REQUIREMENTS:



- **Safety** : Ensure there is a soft surface (if necessary) – yoga mat is good to have to protect knees and elbows during exercises.
- **Fun element** : Workout should feel like playtime. Good music!



# HOW IT WORKS:

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Exercises are divided into **3 groups** :

1. **Warm-up** (improving joint mobility and reducing muscle stiffness)
2. **Main exercises** (raise body temperature, increase muscle elasticity and activate the nervous system)
3. **Cooling down, stretching** (Increasing muscle elasticity, improving metabolism and blood circulation in muscle fibers).



Exercises should not provoke any pain or discomfort. Time and repetition x set are just recommended. Each participant should be evaluated individually.



# 1

## Warm-up (about 5 minutes)

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1. Arm circles (2 minute) - Big circles forward and backward to loosen up the shoulders, elbows and wrists.
2. Torso twist (1 minute) – Rotate the upper body side to side to warm up the core (to one side and another).
3. Leg swings (1 minute) – Swing each leg forward and backward.
4. Knees and ankle (1 minute) - bring your knees forward and backward. Rotate your ankle clockwise and counter clockwise.



## ✦ ✦ 2 Main exercises (10-20 minutes)

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1. Jumping jacks (1minute): fun way to get the heart rate up.
2. Bodyweight squats (10x3): Strengthen legs and core. Keep feet shoulder-width apart, sit back like in a chair and stand back up.
3. Rising hands (10x3): Cross your hands and lift them up above your head and down to your stomach.
4. Frog jumps (10x1): Jump forward like a frog, land softly and repeat.
5. Push ups (5x3): Knees should be on the ground. Hands near your chest. Push your body up and down.
6. Plank hold (15 seconds x2): Lie face down, lift up on forearms and toes, keeping the body straight.
7. Star Jumps (30 seconds): Jump high in the air, spreading arms and legs into a star shape.



# ✦ ✦ 3 Cool down and stretching (about 5 minutes)

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1. Forward bend stretch: reach for your toes and hold for 10 seconds
2. Butterfly stretch: Sit on the ground and press the soles of your feet together, and gently push your knees towards the floor.
3. Child's pose: Kneel on the ground, reach your arms forward, relax your body towards the ground. Moreover, you can go to one side and another to increase stretching on both sides.
4. Arm stretch: with one arm take opposite arm elbow and pull towards your chests.
5. Deep breathing: breathe in through the nose, out through the mouth, focus on slowing the heart rate. Raise your hands above your head as you inhale and bend, release arms down and exhale, and relax.





# ACTIVITY TOOLS:

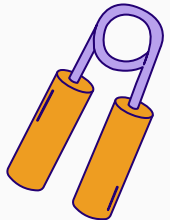
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A video designed for kids to follow along with exercises at home or outdoors.



# GOOD TO KNOW!

- Physical health benefits. Regular exercise strengthens the heart, lungs, muscles and bones. It helps maintain a healthy weight and reduces the risk of developing chronic diseases. Moreover, it boosts the immune system. Lack of physical activity can lead to weaker muscles, poor coordination, and delayed motor skills development
- Mental and emotional well-being. Anxiety, stress, and depression are becoming more common among children, partly due to societal pressures and excessive screen use. Physical activity is proven to reduce stress, anxiety, and depression in children. Exercise releases endorphins, which boost mood and overall happiness. Additionally, exercises improve self-esteem and confidence, especially when children see progress in their abilities.



# GOOD TO KNOW!



- Improved motor skills and coordination. Physical exercises help children to develop better coordination, flexibility, and balance. These skills are crucial for both daily activities and sports. Engaging in different movements enhances their motor skills and body awareness.
- Cognitive benefits. Exercises have been linked to better concentration, memory, and academic performance. Regular physical activity increases blood flow to the brain, improving cognitive function and helping children focus better in school and kindergarten.
- Social interaction. Physical activity encourages communication, teamwork, and cooperation among children. Through group games and sports, kids learn how to share, follow rules, resolve conflicts, and build friendships. These social skills help them feel more connected and confident in group settings.





Physical activity plays a vital role in a child's overall development — supporting their emotional balance, physical growth, cognitive abilities, and social skills. By encouraging regular exercise from a young age, we help children grow stronger, happier, and more confident.

**Thank you for  
your attention!**



This material was created within the project "KidsLikeUs: Empowering NGOs & public institutions in helping children overcome migration traumas using creativity and favors of nature", co-financed by European Union funds (European Regional Development Fund) from the INTERREG Baltic Sea Region program.

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