***Active At Home* Activities**

Small, consistent changes make a real difference in creating healthier lifestyles. Research has shown that the earlier we promote a healthy lifestyle among our children, the more likely they are to develop healthy life-long habits. Children who are more active are more likely to have better concentration and academic performance. They are also more likely to sleep better and have increased self-confidence.

*Active Schools* recommends that every child gets at least 60 minutes of physical activity every day. The following resources have been recommended by Active Schools Ireland as part of *Active School Week*.

Twigín Yoga: <https://rtejr.rte.ie/category/rtejr-blog/yoga/>

Keep Well: Family Fitness Series: <https://www.sportireland.ie/keepwell/familyfitness>

Keep Well: Keep Walking: <https://www.sportireland.ie/keepwell/keepwalking>

Keep Well: Kids Fitness: <https://www.sportireland.ie/sites/default/files/media/document/2021-02/keep_well_kids_activity_booklet.pdf>

20 Games to Keep Your Kids Active: <https://www.safefood.net/start/active-play-and-games-ideas>

Fitness Monopoly: <https://activeschoolflag.ie/wp-content/uploads/2021/03/Fitness-Monopoly-002.png>

Exercise With Emer: <https://www.youtube.com/playlist?list=PLDiumnib21kOkhUAI0cr73MU7gAHVakSs>

Irish Heart Foundation: Bizzy Breaks Resources: <https://irishheart.ie/your-health/our-health-programmes/healthy-schools/primary-schools/bizzy-breaks/bizzy-break-resources/>