

LEITH ACADEMY WELLBEING WEEK

Day #2 – MOVE

*“To me, if life boils down to one thing, it’s movement.
To live is to keep moving.”* JERRY SEINFELD

Today dancer and hip-hop marvel Ashley Jack shows us some basic moves that you can try, mix-up and master to get yourself moving and the endorphins flowing. Why not give it a shot? If hip-hop is not your thing, there are plenty of other styles of dancing you could explore, or you could even just jump around in your bedroom to whatever tunes you enjoy. Sounds a bit silly but trust us, it will get you moving and make you feel great.

Right now you will have plenty of things for school and home to be getting on with, so don’t feel you need to do lots of movement, but 15 to 20 minutes each day will help keep both your body and mind healthy.

If you like the workshop from Ashley Jack, she has lots of online dance workshops you can participate in for FREE, just visit the [House of Jack](#) website.



You can also explore other styles of dance through **Dance Base** who are offering a range of online, drop-in classes.

Dancing really not your thing...?

Remember, there are other ways for you to get moving that don't mean dancing. You can always head outdoors for a walk. Not hugely exciting, why not take this time to explore your local area and discover things you might not have seen or noticed before? This **Leith Local History Guide** is really interesting and will show you things you never knew about the area around your home and school.

Or if you are feeling energetic, you could turn the walk into a run and really get the heart beating.

And if you don't want to leave your house, there are plenty of fun work-out videos online. For example, why not give a **Joe Wicks PE Class** a go.

