

# Boredom Buster

A mix of videos, challenges and guides to bust boredom



**Positive Parrot:** "Every adventure requires a first step."



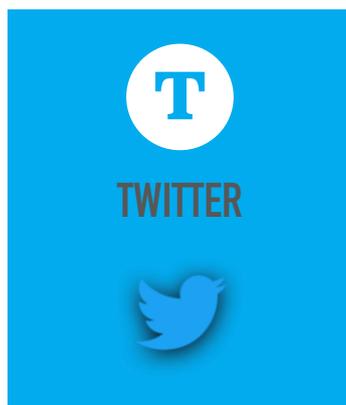
## You can balance, it is easy, right?



Train with Olympic Cross-Skier Emily Sarsfield to develop your flexibility, balance and mobility.

### Keep up to date with Sporting Influence

Follow us on social media for up to date news, competitions and much more.



### Healthy Harry's Lunch Box

Click the picture to take a look at Healthy Harry's lunch today!

### COSMIC KIDS



Blast off the right way with this Cosmic Kids rockets & space yoga.

Check out the next page for...

Sporting Influence's Great Game Collection

Mr Doey takes you back to a lockdown 1.0 classic

## Go back in time and join Mr Doey during his Tabata Superhero Workout



Do as he says, not as he does. Some puddles are deeper than his squats!

There is a good chance your legs will hurt after this, that means you have worked hard!!!

### Sporting Influence's Great Game Collection

Take a look each week to find a new game that you can play at home or school. Most of the equipment can be swapped to make every game achievable. Games can be made easier or harder to meet the ability and age of any Primary School Child. Click the pic to access the workout.



Supporting schools through Corona Virus

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