

Drink a glass of water at the start of your day



Help cook dinner tonight



Make up a dance to your favourite song!



Try a new yoga pose



Limit your screen time before bed



Create a game with items in your house



Try a new fruit or vegetable



Complete 60 minutes of activity



Count how many steps you can do in 10 minutes



Do 10 press-ups!



Take a mindful moment



Complete a household chore



Colour in a rainbow for your window



Say something nice to your family



Draw your favourite animal



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INSPIRING ACTIVE LIVES



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HOPSCOTCH

- 1. Draw a hopscotch design on the ground with chalk.**
- 2. Throw an object (small stone, socks, a soft toy) to land on a square.**
- 3. Hop through the squares, skipping the one your marker is on.**
- 4. Pick up the marker on your way back.**
- 5. Pass the marker on to the next person.**



BULLSEYE

- 1. Draw circles on the ground with chalk.**
- 2. See who can throw an item closest to the bullseye (the middle).**

