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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## HOPSCOTCH

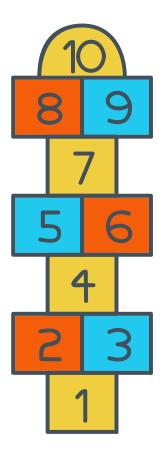
**1.**Draw a hopscotch design on the ground with chalk.

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).







