

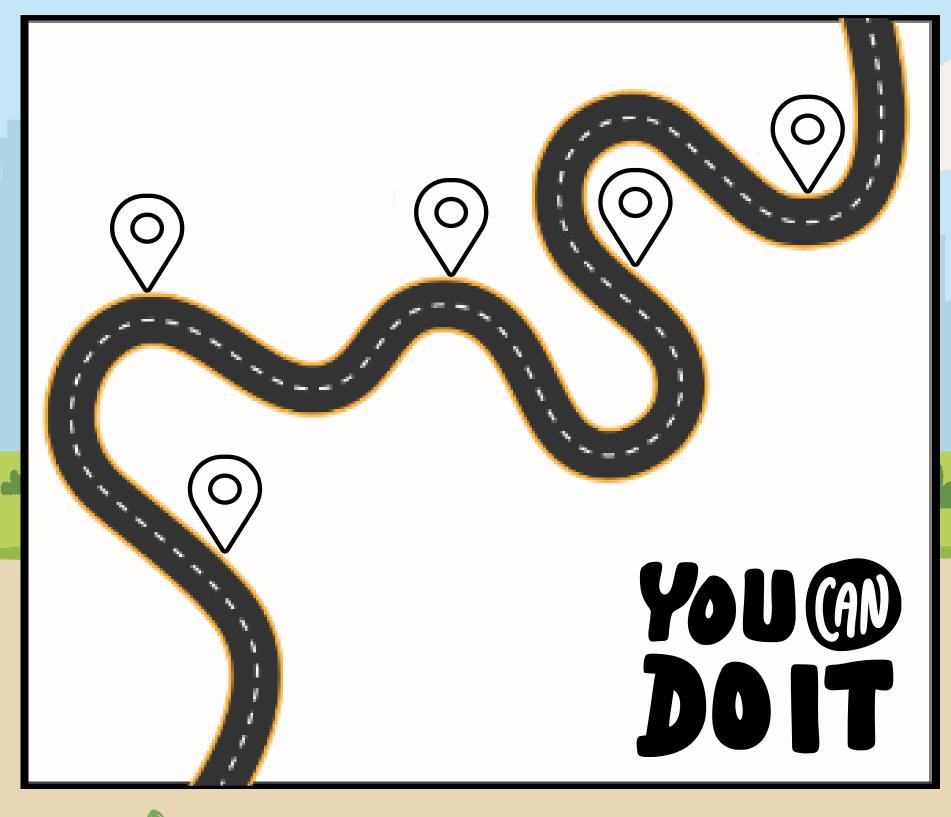
Five challenges to turn the School Run into School Fun!



Smash old habits and build healthier new ones together this term.

HOW TO PLAY

For each day, complete one activity and colour in a location marker on the tracker below.



Walk, cycle, scoot or even rollerblade your way to or from school. It does not matter how you play, but how long you can keep your active streak going!





RAINBOW RACE

RED ORANGE YELLOW GREEN BLUE INDIGO VIOLET OTHER



Can you find an object for every colour of the RAINBOW? Create your own rhyme to remember the colour order.

BE A LITTER HERO

Become a Litter Hero and protect your community from grime! Arm yourself with gloves (or litter picker) and a bin bag and see who can pick up the most litter. Who can find the weirdest object?



Get involved and find out more about group litter picks in your area by checking out Hartlepool Big Town Tidy Up on Facebook.



Can you find an object for every letter of the alphabet? Look for letters on signs or letter shapes in nature.



Fill a matchbox with tiny treasures such as little leaves or small stones you find on your way to or from school. Who can fill their box with the most objects?

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New habits take time to form so why stop at five days? Use the tracker above and the activity ideas on the next page to see how long you can keep your activity streak going.

ACTIVITY IDEAS

20 Questions One player thinks of a 'thing' and the others take it in turns to ask yes or no questions to try and guess what it is before using all 20 questions.

> **Bug Hunt** See how many different insects you can spot on your walk. You could take a magnifying glass and bug ID chart with you.

Catch Players throw a ball to each other as they walk, keeping count of how many passes they make until the ball is dropped. Take a coin on your walk and toss it every time you reach a corner or want to change direction. Heads turn left, tails turn right.

Coin Toss

Nature Snaps Use a camera or phone to take photos of things like birds, insects and flowers. You could use the photos to create a gallery at home.

Nature Art

Collect fallen leaves, seeds and sticks on your walk and use them to create pictures of your favourite animals at home.

Leaf Threading Simply thread leaves onto a stick. The result is beautiful.

Leaf Rubbings Collect a variety of leaves. Put a sheet of paper over the top (veins up) and use a crayon to colour over the leaves until shapes and patterns emerge.

Categories

Choose a category like 'an animal' and take it in turns to name something that fits. If you cannot think of an answer or if one is repeated, choose another category.

Count Off

Choose an object to keep count of such as birds or road signs. The winner is the player with the highest count by the end of the walk.

Sound Detectives

Make a list of sounds you hear on

your walk. What is the most interesting sound on the list?

Make up a Poem Players take it in turns to make up lines of a poem. You' Il have fun trying to make each line rhyme.

Nature Bracelets Wrap a long length of duct tape around your child's wrist (loosely with sticky side out) and fix the ends together. Decorate with objects you find.

CONTACT US

Get involved by emailing us photos of your family completing the challenges and you could be in with a chance of winning a spot prize!

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