



# MOVE MANIA

Five challenges to turn the  
School Run into School Fun!



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



# OUT AND ABOUT BINGO



Circular sign		Lamppost
Blue car		A letter

Team Green

Team Blue

Triangular sign		Traffic lights
Red car		A number

Each player/team chooses a bingo board. The winner is the first to spot all the items on their board and shout bingo!

# RAINBOW RACE



RED



BLUE



ORANGE



INDIGO



YELLOW



VIOLET



GREEN



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.



# ALPHABET HUNT



A B C D E F G  
H I J K L M N  
O P Q R S T U  
V W X Y Z



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

# TINY TREASURE SEEKERS



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?

# CONGRATULATIONS!

Well done. You have completed the  
five day challenge.



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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.

## Coin Toss

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.

## Catch

Players throw a ball to each other as they walk, keeping count of how many passes they make until the ball is dropped.

## 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.

## 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.

## 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.

## 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.

## Sound Detectives

Make a list of sounds you hear on your walk. What is the most interesting sound on the list?

## 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.

## Make up a Poem

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

# 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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