





FRESH IDEAS FOR LOCKDOWN

GARDEN CHALLENGES

OBSTACLE COURSE

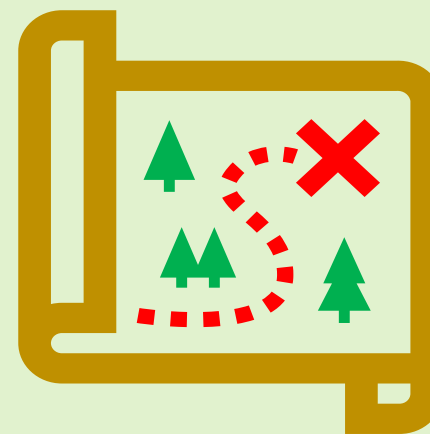
 USING ANY SMALL, SAFE ITEMS THAT 
YOU MIGHT HAVE AROUND YOU,
CAN YOU CREATE AN OBSTACLE COURSE?

WHEN AN ADULT HAS CHECKED IT IS SAFE, TRY THE COURSE OUT. TIME YOURSELF AND TRY TO IMPROVE YOUR SPEED.



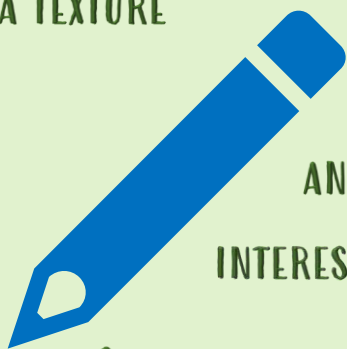
TREASURE MAP

MAKE A MAP OF YOUR GARDEN OR GREEN SPACE. CAN YOU PLOT ALL THE THINGS YOU CAN SEE ONTO YOUR MAP? NOW HIDE SOME 'TREASURE!' GIVE YOUR MAP TO A FAMILY MEMBER TO SEE IF THEY CAN FIND WHAT YOU HAVE HIDDEN.



TEXTURE TRAIL

FIND ALL THE PATTERNS AND TEXTURES YOU CAN ON A TEXTURE SCAVENGER HUNT. TAKE A CRAYON AND PAPER WITH YOU AND MAKE RUBBINGS OF THE INTERESTING PATTERNS YOU CAN SEE.



CAN OTHER MEMBERS OF YOUR FAMILY GUESS WHAT THE OBJECTS THE PATTERN IS FROM.



MOVEMENT MAKER

THINK OF LOTS OF DIFFERENT WAYS IN WHICH YOU CAN MOVE ACROSS YOUR SPACE. THINK ABOUT THE DIFFERENT LEVELS YOU CAN MOVE AT. CAN YOU RUN, WALK, CRAWL, SIDE-STEP, SKIP OR JUMP? NOW TRY CRAWLING, SQUATTING OR LUNGING. CAN YOU ROLL, SLITHER OR BOUNCE?

