

# Be active

Exercise is good for our mental health; indeed the NHS recommends regular, enjoyable exercise as an effective treatment for depression. For children and young people aged 5 to 18 the NHS recommends an average of at least 60 minutes of moderate intensity physical activity a day, including some aerobic exercise and some that strengthens muscles and bones.



- Do a scavenger hunt. See [page 9](#) for our indoor and outdoor hunts for you to try.
- Create an obstacle course in your garden or round your house. Time how long it takes you and see if you can get quicker the more times you complete it. See [page 10](#) for our ideas on what you can include.
- Help your local community - on one of your permitted walks, put on some gloves, take a plastic bag and pick up any litter you see (maybe have a competition amongst your friends to see who can pick up the most).
- Practice standing on one leg whilst you're brushing your teeth (can you do it without putting your foot down?).
- Help round the house - when the laundry is all clean, take one item at a time from the dryer or washing line, take it to the room where it belongs and put it away. If you have to go upstairs you should be puffed out by the end of this one!!
- Walk backwards for 5 minutes (carefully!)
- Have a good stretch – reach up to the ceiling and see how close you can get to touching it!
- Put on your favourite music and dance for 10 minutes.
- Try making a giant picture on the floor from household items – ‘Art Attack’ style (remember to tidy up afterwards!).
- Take on the ‘Stair Climb Challenge’ and see if you can climb the equivalent height of a local tall building or hill. You could make a family scoreboard for some healthy competition. If you don't have stairs you could measure out a distance instead.
- Play animal races (hop like a bunny, slither like a snake, waddle like a duck, and so on).



# Scavenger hunts

One for a sunny day outdoors and one for a rainy day indoors. They include things you can pick up as well as things you will see.

## Outdoor scavenger hunt

- |   |  |
|---|--|
| <input type="checkbox"/> A feather                  | <input type="checkbox"/> A daisy           |
| <input type="checkbox"/> A jogger                   | <input type="checkbox"/> A 'Y' shaped twig |
| <input type="checkbox"/> A pinecone                 | <input type="checkbox"/> Someone on a bike |
| <input type="checkbox"/> Three kinds of leaves      | <input type="checkbox"/> A spider web      |
| <input type="checkbox"/> Something that smells nice | <input type="checkbox"/> A berry           |
| <input type="checkbox"/> A weed                     | <input type="checkbox"/> A round road sign |
| <input type="checkbox"/> Something yellow           | <input type="checkbox"/> A butterfly       |
| <input type="checkbox"/> A crack in the pavement    | <input type="checkbox"/> A wooden bench    |
| <input type="checkbox"/> A bug                      | <input type="checkbox"/> A post box        |
| <input type="checkbox"/> Something round            | <input type="checkbox"/> A worm            |

## Indoor scavenger hunt

- |  |   |
|--|---|
| <input type="checkbox"/> A fork                      | <input type="checkbox"/> A ruler          |
| <input type="checkbox"/> A brown crayon or pencil    | <input type="checkbox"/> Something fluffy |
| <input type="checkbox"/> Something that has a nose   | <input type="checkbox"/> A red lego brick |
| <input type="checkbox"/> A key                       | <input type="checkbox"/> A dice           |
| <input type="checkbox"/> Something with your name on | <input type="checkbox"/> A penny          |
| <input type="checkbox"/> A mixing bowl               | <input type="checkbox"/> Something round  |
| <input type="checkbox"/> A sock with yellow on it    | <input type="checkbox"/> A hat            |
| <input type="checkbox"/> A hard back book            | <input type="checkbox"/> A hairband       |
| <input type="checkbox"/> Something that has wheels   | <input type="checkbox"/> A playing card   |
| <input type="checkbox"/> A tissue                    | <input type="checkbox"/> Something orange |

# Obstacle course

Try out a few of these ideas for creating an obstacle course inside or out!

  
Throw balls of socks into a bin from a set distance



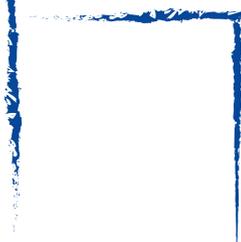
Set up 'stations' of different exercises:

10 burpees

5 press ups

15 star jumps

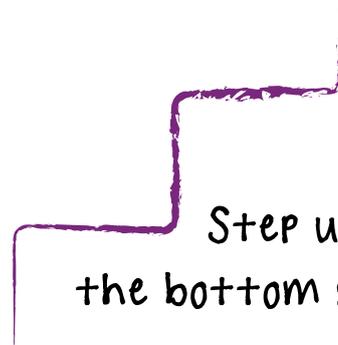
Circle round and round a chair 5 times



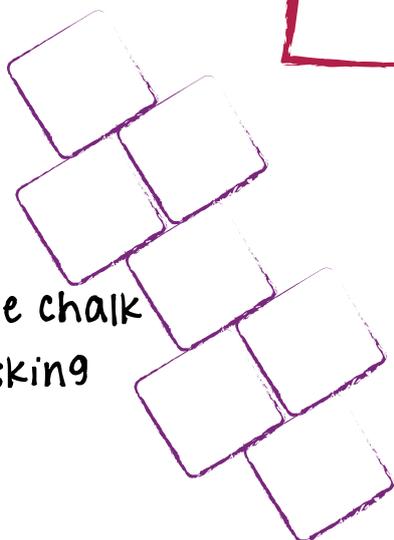
Use a pillowcase to hop along a set distance



Step ups on the bottom stair



Create a hop scotch grid (use chalk outside or masking tape inside)



Create a tunnel from a duvet cover to crawl under

