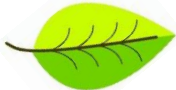
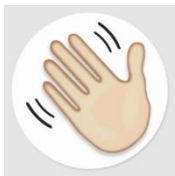
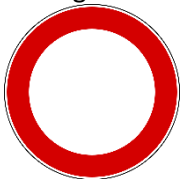
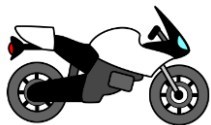


Getting out for a walk, run or bike once a day is a great way to get some exercise. Why not try some of the below whilst you are out!



Can you spot 10 things that are red? Maybe you could wear red too! 	Collect some leaves (make sure they are clean) then you can do some leaf rubbing when you get back 	Can you play eye spy? Use the letters B, C and D 	Can you skip for 20 seconds and then walk for 20 seconds. Repeat as much as you can do. 	Can you spot 3 houses with blue garage doors? 
Can you wave to 5 people through their windows? 	Can you spot 10 things that begin with the letter T? 	Take some music with you and listen on your way round. Don't have it too loud, just enough that you can hear it. 	Can you spot 3 different triangular road signs? 	How many blue cars can you see parked on the road or on a drive? 
Can you spot 3 different round road signs? 	Can you spot 3 houses with red doors? 	Can you spot 10 things that are blue? Maybe you could wear blue too! 	Can you play eye spy? Use the letters E, F and G 	Can you have silent walk – no talking just walking! 
How many motorbikes can you see parked on the road or on a drive? 	Can you run for 20 seconds and then walk for 20 seconds. Repeat as much as you can do 	Can you drop some flowers or chocolate as a surprise for someone? Don't forget to leave it on their doorstep! 	Can you spot 10 things that are yellow? Maybe you could wear yellow too! 	Can you go out for a walk in a fancy dress outfit...or wearing a silly hat? 
Can you do some other exercises whilst you're out – e.g star jumps, lunges, squats 	Can you spot 10 things that are orange? Maybe you could wear orange too! 	Can you spot 10 things that start with the letter P? 	Can you smile the whole time you are out? 	How many different animals can you spot? 