

Let's Get Active- *April*

1 Go for a walk when you are tempted to go on a device.	2 Get up and walk around the house after watching a TV program.	3 Be physically active for 60 minutes of the day.	4 Play charades with your family or friends.	5 Plan in a time to visit the local swimming pool.	6 Make a paper aeroplane and take it outside to fly.	7 Take a book to the local park and find a spot to do some reading,	8 Use a hula hoop!
9 Run on the spot for as long as you can.	10 Plan to go walking with a friend or family member and have a catch up.	11 Go outside and do some gardening.	12 Do some baking in the kitchen with friends or family.	13 Set a timer for 5 minutes and jog on the spot until the time is up.	14 Create a family workout that you complete together.	15 Walk around the local shopping centre.	16 Write a letter to someone and walk to a post box to send it.
17 Find a beautiful outdoor space and try to draw or paint it.	18 Dance around to your favourite songs.	19 Try something mindful like yoga or meditation.	20 Turn off notifications on your device and exercise for 20 minutes.	21 See how many animals you can spot when you are out and about.	22 Rearrange or tidy your bedroom.	23 See how long you can stay standing up throughout the day.	24 Go for a walk in a local park or forest and hunt for natural treasures.
25 Start the day by creating a mini exercise plan that you want to complete.	26 Go exploring with a friend or family member and take pictures of your favourite sights.	27 Help a family member organise an area of the house.	28 Sort through your clothes and take some to the local charity shop.	29 Use a scooter, bike, skateboard or roller skates.	30 Go for a walk and use your senses- what can you see/ hear/ smell?		

