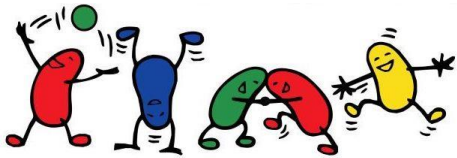


FEEL FAB FEB

How many can you Tick off the list?

Find your 'Happy Beans'



Activities can be done in any order. If you do one of the activities more than once, start a tally next to your original tick. Make sure you ask permission first from an adult & stay safe when trying anything new. Certificates are available from your school. Bronze for achieving 6-10 goals. Silver for 11-20 goals. Gold for 21 plus. We would love to see some of your attempts on Twitter using #feelfabfeb and tagging @CSETSports1

NAME: -----

How many goals did you complete?



| | | | | |
|--|--|---|---|---|
| Run / jog or scoot 1km or cycle 3km tIcK ME | Go for a 30 min walk 4 times in a week tIcK ME | Tidy your bedroom without being asked! tIcK ME | Make a family fitness star chart and hold a family competition tIcK ME | Learn a new skill or trick in a sport of your choice tIcK ME |
| Plan a family 'Movie Night' complete with snacks tIcK ME | Bake a cake. tIcK ME | Design a new strip/kit for any team or sport of your choice tIcK ME | Spend some time star gazing. Can you identify any stars or constellations? tIcK ME | Send a card/letter or postcard to someone to a relative or friend, It will make them feel special! tIcK ME |
| Make up a dance routine tIcK ME | Throw a tennis ball against an outside wall 20 times without dropping it tIcK ME | Plan & prepare (with an adult) a healthy meal each week tIcK ME | Build up to 100 step-ups either on bottom stair or low bench/platform tIcK ME | Make up a catching game to play outside tIcK ME |
| Walk or climb up a big hill, spend 10mins enjoying the view tIcK ME | Make a den inside or out in the garden. tIcK ME | Make a healthy smoothie and give it a name! tIcK ME | Run/Jog or scoot 2km or cycle 5km tIcK ME | Spend 10 minutes bird watching and listening to them sing. How many can you identify? tIcK ME |
| Perform at least one random act of kindness every day. tIcK ME | Make your parents/carer a drink tIcK ME | Make a smiley face out of different fruit or veg tIcK ME | Make an obstacle course and challenge others to complete it tIcK ME | Wrap up warm and go for a family night walk. Come home for hot chocolate tIcK ME |
| Try a new a fruit or vegetable as part of a daily meal or snack tIcK ME | Can you do 100 skips? Keep practising until you can do as many as possible without stopping tIcK ME | Can you balance on one leg for 30 seconds? (now try the other) tIcK ME | Read a new book or re-read your favourite book tIcK ME | Learn to juggle. Use balls (or socks or fruit)! You could even find your own tutorial online tIcK ME |