Healthy challenge grid

Can you complete the activities on the chart? Tick them off when you do them.

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| **DANCE**Can you play a game of musical statues with others in your house?Who stayed still the best? | ids Practicing Yoga , Happy Cartoon Children Practicing Yoga ...What other activities can you think of? | **STAMINA**How long can you cycle, walk, jog, run or scoot for?Can you do 15 minutes without stopping?How far did you go? |
| **ASSAULT COURSE**Can you design your own assault course?What different things will you include?How long did it take you to complete? | **SMOOTHIE MAKER**Can you make up your own smoothie and share with your family as a healthy start to the day?What ingredients will you put in?  | **MINDFULNESS**Complete a Cosmic Kids yoga session.Can you practise one of the breathing exercises? |
| **BE THE TEACHER**What is your skill?Can you teach someone in your family/house your skill?For example; Sporting skill, karate, dance move, Yoga pose | **DANCE**Can you play a game of musical statues with others in your house?Who stayed still the best? |  **VIDEO MAKER**Can you create your own exercise video?It could be a dance, yoga, gymnastics video or even like Joe Wicks. What actions will you put in? |