
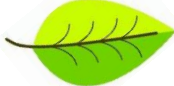












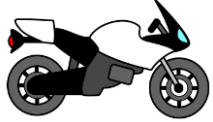









Getting out for a walk, run or bike once a day is a great way to get some exercise. Why not try some of the below whilst you are out!



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