

# Our Family Challenge

Start a feelings journal – 3 good things a day	Get up and move around during the ad breaks in your favourite TV show. Why not try different exercises like hopping, ski jumps or skipping without a rope	Help someone in your household with something		Have a meat free meal		Active Adventure Game at Telford Town Park	Make and enjoy a healthy picnic	Have a technology free day
Use the sugar swap app to make one of your snacks or meals healthier		Take a photo of your family walk	Go for a nature walk and try and find something for every letter in your name	Who can do more challenge? Using a timer, count how many star jumps / push- ups / sits up you and the people in your household can do in a minute. Repeat this 3 times and see whether the scores improve by recording them all. Why not try this every week and see if you can beat your scores.		Complete a “Stop, Breathe and Think Kids” Mission online	Just dance app/games console or each choose a song to dance to – aim for 5 or more songs	Make a den
Plant some seeds and help them grow	Put together a family meal plan for the week	Run/walk a mile every day in your local park	Use the Headspace app			Count how many aisles in the supermarket contain fruit and vegetables. Think about fresh, frozen, tinned etc.	Cook a family meal together	Add a fruit or vegetable to your favourite meal
Try a new fruit or vegetable			Go for a listening walk – don’t speak, just listen to the world around you					
Do something kind for someone			Drink only water for the day	Take part in the Virtual School Games Challenge	Bake a vegetable cake			
					Read a book			

These challenges are for everyone in your household to take part in together.

## Helpful resources

- Start a feelings journal – everyday think of 3 good things that happened that day. There is an app called “Three Good Things – A Happiness Journal” to download but it could just be a discussion with the family or written down or a picture drawn etc.
- Change4life have some great recipe ideas to try, lots of different 10 minute Shake Ups to do to get you moving more and all the information you need to use the sugar swap app <https://www.nhs.uk/change4life/>
- The Active Adventure Game is a fun treasure hunt style walk using a mobile phone. More information can be found here [http://www.telfordtownpark.co.uk/ttp/events/event/93/go\\_wild\\_active\\_adventure](http://www.telfordtownpark.co.uk/ttp/events/event/93/go_wild_active_adventure)
- The Stop, Breathe and Think missions can be found here <https://www.stopbreathethink.com/kids/>
- All information about Cosmic Kids Yoga can be found here <https://www.youtube.com/user/CosmicKidsYoga>
- Download the free Headspace app and practice mindfulness to help reduce stress, focus more and sleep better
- GeoCaching is like one big treasure hunt with lots of geocaches hidden about the world! Download the free app and try to find some that are in your area or places you may visit over the summer holidays.
- Cook a family meal using a cook-a-long video from our Healthy Telford Blog <https://healthytelford.com/2020/05/19/health-tips-for-parents-staying-at-home-in-pandemic/>
- Join the Virtual School Games Challenge for active weekly challenges <https://www.energizestw.org.uk/virtual-school-games>