

GET MORE ACTIVE

Spring is a great time to get more active and to make changes to improve your lifestyle.

What changes can you make?

WHAT YOU'LL NEED...

Paper
Pen or pencil
Optional:
colouring pens
or pencils.



WHAT TO DO

1

Write down some small changes people can make in their lives to be more active.

- Use the stairs instead of the lift.
- Get off the bus one stop early or get on one stop later.
- Going out for a walk every day, there are suggestions at the end of this pack.
- Dance around the house or garden.
- Walk the dog for an extra 5 minutes.

2

Decide which of these ideas you are going to try... and actually give it a try this week or come up with some ideas of your own.

3

If you're feeling creative why not make a poster of your ideas.

TAKE IT FURTHER



Look at your favourite meal – decide how you could make it more healthy by just swapping one ingredient. Eg, swap fried eggs for poached eggs in your breakfast or swap fizzy (sugary) pop for flavoured water or swap chips for salad when you have lasagne or chicken kiev's etc.

COMMUNITY MATTERS

Design your ideal community

WHAT YOU'LL NEED...

Pencil or pen
Optional:
Colouring pens or pencils
Craft materials



WHAT TO DO

1

Think about everything that there is in your local community... is there anything missing that you think it should have? Here is your chance to design the perfect community.

2

Start by drawing some roads, then add in different buildings and label them so you know what they are. Think about the impact on the environment of your community.

3

Remember to include:

- Activities for people of all ages.
- Health services, emergency services and education.
- Places of worship, shopping and leisure.
- Transport links and communication methods.

LIRPA LOOF TIME

April Fools day doesn't have to be about playing tricks on people...
the media have a history of creating wacky news stories too.

By the way, Lirpa Loof is April Fool backwards!

WHAT YOU'LL NEED...

Pencil or pen

Optional:

Colouring pens or pencils
craft materials



WHAT TO DO

1

The Lirpa Loof is a new creature that has been discovered by scientists where you live. Decide what a Lirpa Loof looks like. Is it a bird, a fish, a mammal or even a crazy looking alien?



2

Draw what a Lirpa Loof looks like.

3

Can you come up with some interesting facts about Lirpa Loof to persuade people that they really exist?

TRY IT THIS WAY



If you have any craft materials available why not make a model of a Lirpa Loof? Its body could be made out of a pompom.

ACTIVITIES

for you and your household to try

♥ RAINBOW WALK

Rainbows are a symbol of hope. Following the latest guidance on exercising outdoors, wrap up warm and go out for walk with your household. While you are walking, see if you can spot something to represent each colour of the rainbow. When you get back home you could draw or paint what you saw.

♥ POSITIVE MESSAGES

A positive message can change someone's day. Leave positive notes around the home. How about a joke, a funny face, something you are grateful for, a picture or an inspirational quote? You could spread your positivity even further and leave messages in your community for people to find.

♥ PANCAKE MEMORY GAME

Make a stack of cardboard pancakes (you could cut up a cereal box), then draw a letter, number or shape on pairs of pancakes. Turn all the pancakes face down and shuffle them around. Now take turns using a spatula or a spoon to flip two pancakes over at a time, trying to find matching pairs.

♥ FOOD WASTE CHALLENGE

In the UK the average household throws away 22% of their weekly shop, worth £730 each year. To tackle your food waste, you could keep a food diary by noting down any food that ends up in the bin and why. Why not put your diary on the fridge so everyone can see it?

At the end of the week, come up with one thing you will do to reduce your food waste and keep a diary for a second week. You can repeat this challenge for as many weeks as you want, to see how much food you can save from going in the bin.

♥ LEFTOVERS BAKE-OFF

Instead of throwing away old fruit, vegetables or bread, you could turn it into something delicious instead. Try making courgette cake, banana bread, beetroot chocolate cake, fruit and veg smoothies, or bread and butter pudding.

Or you could challenge your household to come up with new meals using just five ingredients from your store cupboards, fridge or freezer.



♥ SCAVENGER HUNT

Turn a walk around your neighbourhood into a scavenger hunt. Take a pen and paper with you and see if you can find an object that begins with each letter of the alphabet. You could see if you can find a street name for each letter. You can also do this activity around your home

♥ GET ACTIVE

Getting active is about breaking a sweat while having a bit of fun. How about coming up with a dance routine for your favourite song and performing it? You could teach your routine to your household. If you've got the internet, check out This Girl Can's Disney workouts for ideas

www.thisgirlcan.co.uk/activities/disney-workouts

♥ EARTH HOUR INDOOR CAMPING

This year's Earth Hour takes place on Saturday 27th March, with people across the world making a stand against climate change by turning off their lights between 8.30 - 9.30pm. Turn your living room or bedroom into an indoor campsite using blankets, bedsheets, pillows and anything else you can find. Grab your torches and a hot chocolate, wrap up warm and turn the lights out.

Challenge each other to a game of Heads Up. Write nature or wildlife-related words on pieces of paper. Take it in turns to hold a word to your forehead, while others act it out and you try to guess what it says.

There are more fun ideas on the Earth Hour website

<https://latest.earthhour.org/earthhour-at-home>

♥ TIME CAPSULE

Fill a box with memories such as personal treasures, birthday cards, artwork and items from this era, like a coin, newspaper or food packaging. You could also include details about your life, such as your favourite food, music or TV programmes. Make sure the box is waterproof if you want to bury it in the garden, or hide it in a cupboard, under the bed or in the loft. You could even decorate the box or make one to give to someone as a present.