

Hope Challenge – Activity Pack 10



Carrying on our project to help improve our physical and emotional wellbeing, we think this challenge will improve both.

We'd like you to create a mini-game that will also encourage you to exercise.

As family pick 6 physical activities you enjoy doing (our example 9).

Using a grid similar to the one below put one activity per box – draw a picture and write a simple description of the activity. Number the boxes 1 to 6. (We've drawn one out below if you want to print it out.)



To play:

Roll the dice.

Carry out the activity displayed on the dice e.g. if you roll a, you carry out activity 4.

If you enjoy it you could do it for a while then make a new sheet with different activities on.

We'd love to see your exercise activity sheets when you're done.

OUR EXERCISE CHALLENGE SHEET
