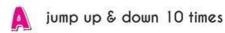
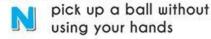
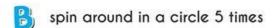
Monday Wednesday Thursday Tuesday Friday Build a den Get Creative! Design an Create and Be active! complete an and read your assault course. Complete Decorate an outdoor favourite Which family egg for Easter. your name scavenger hunt. member is the work out. Can story. E.g. Find a leaf as quickest to you design Egg Decorating long as your complete it? your own? finger. Find 5 leaves with a different colour

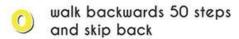


INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.









hop on one foot 5 times

walk sideways 20 steps and hop back

run to the nearest door and run back

crawl like a crab for a count of 10

walk like a bear for a count of 5

walk like a bear for a count of 5

do 3 cartwheels

bend down and touch your toes 20 times

do 10 jumping jacks

pretend to pedal a bike with your hands for a count of 17

hop like a frog 8 times

roll a ball using only your head

balance on your left foot for a count of 10

- flap your arms like a bird 25 times
- balance on your right foot for a count of 10
- pretend to ride a horse for a count of 15

march like a toy soldier for a count of 12

try and touch the clouds for a count of 15

pretend to jump rope for a count of 20

walk on your knees for a count of 10

do 10 push-ups

do 3 somersaults

