



## Heatherside Junior's Wellbeing Outdoor Challenge

The Wellbeing Ambassadors would like to set you a challenge for the summer holidays...

All you need to do is to spend some time outdoors, take a photo of you doing your activity and bring it in to your new class teacher in September, to share your adventures! Your name will then be entered into a prize draw and the winner will be announced in assembly. Everyone will be awarded a house point for completing a task.

The Wellbeing Ambassadors have come up with a comprehensive list of ideas below of how to spend time outdoors, all of which will benefit your mental health. Feel free to pick one (or more!) to complete or feel free to come up with your own ideas.

Remember to put your full name on the photo and your class if you want to be in with a chance of winning!

### **Ideas for Outdoor Summer Challenge**

- Go for a run/ have running races
- Play Football
- Play Basketball
- Do a Daily mile
- Take part in a Treasure hunt
- Read a book outside
- Make a bird nest out of natural items found
- Play with your pet outside
- Dance in the rain!
- Relax in the sun
- Go for a walk somewhere new
- Play Tennis
- See how many jumps you can make using a skipping rope
- Play Badminton
- Create a new game to play with friends
- Have a water fight
- Go swimming at an outdoor pool/lido
- Climb a tree
- Water a plant/ your garden
- Play catch with someone
- Help tidy a neighbour's garden
- Play with outdoor equipment you forgot you had!
- Go for a bike/scooter ride
- Plant some seeds
- Play Cricket
- Build a den outside
- Go on a Bug hunt
- Learn to make daisy chains
- Build a bug hotel
- Make a picnic and eat it in your garden
- Go to the local park or find a new park to explore
- Decorate the pavement with Pavement Chalk
- Feed the ducks
- Build a bird box
- Create a slip and slide in your garden
- Choose an idea of your own!