

My Family Moves

ACTIVITY PACK



Contents

Why exercise?

Exercise ideas

Make it fun!

- Nature bingo
- Recipe: energy bars
- Foraging art

Helpful resources

- Apps
- Next steps



Why exercise?

As well as looking after your physical health, it's well documented that getting active can be an invaluable tool for improving your mental wellbeing.

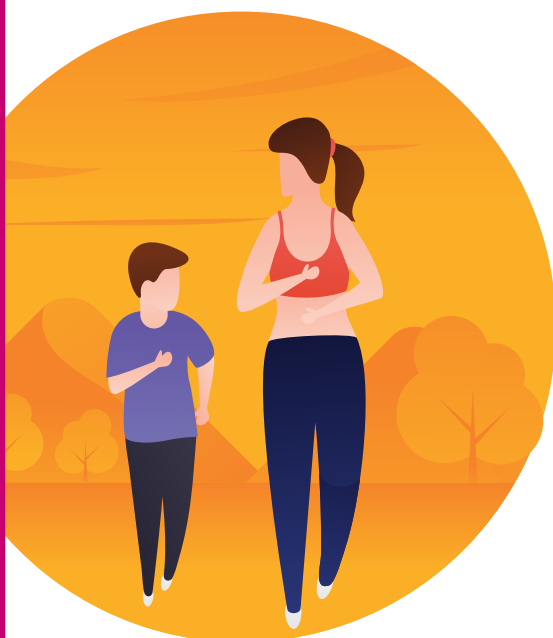
With more of us working from home and screen-time on the rise for children and adults alike, it's never been more important to get moving as a family.

The average UK adult spends around 7hrs a day sitting down.

The benefits of exercise

- Did you know the hormones released during physical exercise can help to improve your mood, tackle stress and anxiety, and even reduce the risk of depression?
- Setting goals and challenges can also improve your self-esteem and boost confidence
- Exercise is an opportunity to meet new people, make friends or connect with your loved ones.

1/3 of UK children are active for less than 30mins a day.



Exercise Ideas

If you're new to exercising, recovering from injury or struggling to find motivation, it can be difficult to know where to start.

The great news is there are no rules!

Whatever you choose, just remember it should be something fun and sustainable for you and your family.

Check out some ideas below that you can do in your garden, in the park or in your living room.

Get the kids involved and choose something to have a go at together!

Walk the dog

Online yoga class

Climb a tree

Nature walk

Geocaching

Build a sofa fort

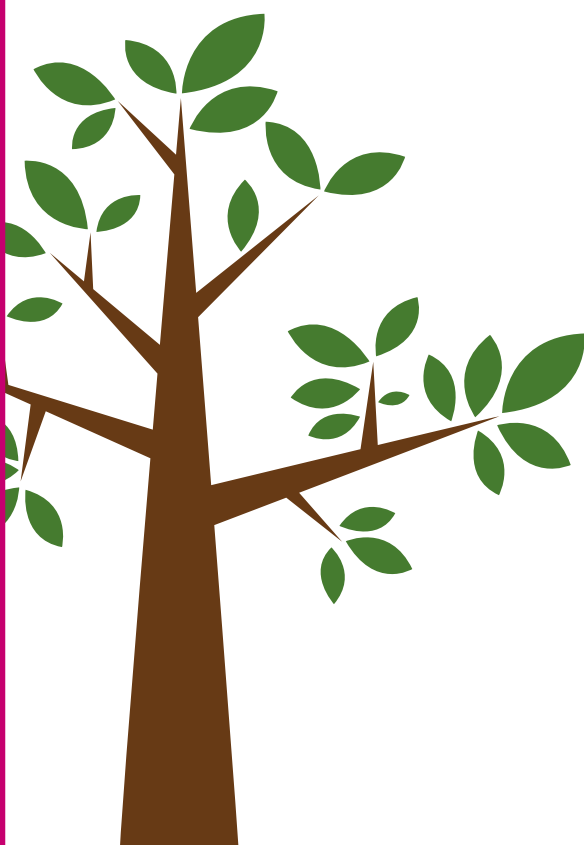
Paddle in the river

Playground

Throw a frisbee

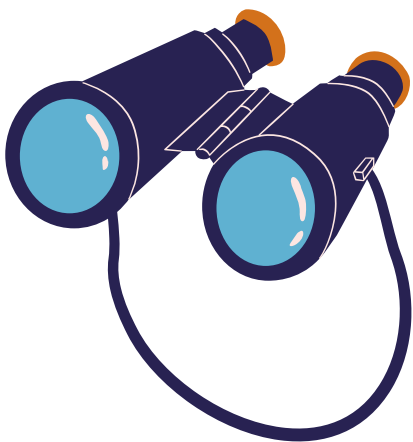
Kitchen disco

Explore your hometown on foot



Make it fun!

Who says exercise has to be boring!
If you're hoping to build better habits and add regular exercise into your daily routine, don't forget to have fun!



Whatever your age or fitness level, exercise is an opportunity for play and adventure!

Not sure where to start?

Whether you're heading out with a toddler, a gaggle of reluctant teenagers or enjoying time on your own, we've put together some resources to help you enjoy exercise as a family.



A lovely activity to do with children of any age, playing nature bingo is a great way to stay present and really take notice of your surroundings.

Nature bingo



How many can you spot?

<p>Spider web <input type="checkbox"/></p> 	<p>Bird <input type="checkbox"/></p> 	<p>Puddle <input type="checkbox"/></p> 
<p>Daisies <input type="checkbox"/></p> 	<p>Clouds <input type="checkbox"/></p> 	<p>Feather <input type="checkbox"/></p> 
<p>A triangle <input type="checkbox"/></p> 	<p>Lost property <input type="checkbox"/></p> 	<p>Baby animals <input type="checkbox"/></p> 
<p>Funny-shaped stick <input type="checkbox"/></p> 	<p>Your favourite colour <input type="checkbox"/></p> 	<p>Something spiky <input type="checkbox"/></p> 

Energy Bars

These super simple, no-cook energy bars are full of flavour and perfect for active families!

Ideal for packed lunches, picnics or a mid-walk snack, get your kids involved and make these your own by adding in whatever you fancy!

You'll need:

23x30cm cake tin

Large saucepan

Large bowl

200g butter

200g soft brown sugar

100g golden syrup/honey

150g mixed dried fruit

50g mixed seeds

50g dessicated coconut

150g oats

100g puffed rice cereal

1. Line your tin with cling film.
2. Put the butter, sugar and syrup/honey into a pan and heat gently until melted.
3. Pour into a large bowl, then add all the other ingredients and mix well to combine.
4. Press the mixture into your tin and flatten with the back of a spoon.
5. Chill in the fridge until firm.
6. Cut into bars, and store in an airtight tin.



Foraging Art



**Enjoying the outdoors is for everyone,
whether you live in the countryside or the
middle of a city.**

There are endless ways to have fun and feel the benefits of being out in nature, and it can be as simple as playing in your garden or at the local park.

Why not get creative (and messy!) by foraging for materials to make a nature picture?

Spell your name or create a self portrait using leaves, sticks and flower petals!

Adaptable to any age, season or weather, it's a super easy way to get your family outside and it's absolutely free!



Helpful Resources

There are so many great apps that can help you on your fitness journey. Embracing technology can open a world of options for you and your family - sign up for a challenge, set goals, keep yourself accountable or join a community!

Here are just a few to get you started:

GoNoodle - great for kids

Griptonite - climbing

Strava - running and cycling

Geocaching - treasure hunting!

AllTrails - hiking, running and cycling

Secret Stories - self-guided walks with hidden discoveries!

Cosmic Kids - yoga

You can download these for free from the app store on your phone or tablet

Try before you buy

You can often find second hand sports kit through local sell & swap groups, and some brands sell preloved equipment at a reduced price (try Decathlon).

You can even rent items through websites like Whirli.



Next steps...

Looking for your next challenge?
Keep an eye on the My Family Moves newsletters
where we will be sharing inspiration, activity ideas
and even some goodies for you and your family!

You can find out more about My Family Moves on our
website, just scan the QR code below!



Keep in touch!

We want to see what you're up to!
Don't forget to tag us in any photos using the hashtag

#MyFamilyMoves



#MyFamilyMoves



Gingerbread
Single parents, equal families

