





Activity Pack Tips, ideas and resources

to get your family moving!

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More resources at:

gingerbread.org.uk/community/my-family-moves



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 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.





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!

Activity ideas

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! Keeping count? Use the checklist on page 7 to see how many your family can tackle between you!

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

There are endless ways to have fun and feel thebenefits of being out in nature, and it can be assimple as playing in your garden or at the localpark.

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.



Top tip: 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**.



Activity checklist

Whether it's the summer holidays or Christmas break, keep your family active and entertained by trying a variety of activities.

How many can your family do?

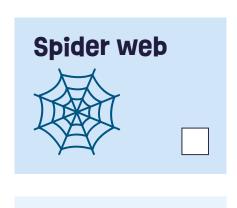




Game: Nature bingo

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.

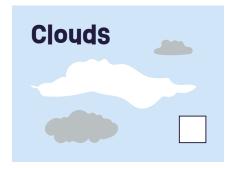
How many can you spot?

























Activity: Foraging art

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!

My forage	ed picture:		

Recipe: 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!



Step-by-step

- 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.

You'll heed:	
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	

Apps to get you going!

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!

Many apps can be downloaded for free from the app store on your phone or tablet. Here are just a few to get you started:





AllTrailsHike, bike and run:

discover new trails!



Cosmic Kids

Fun yoga and
mindfulness for Kids



Geocaching

Modern-day
treasure hunting!



GoNoodle

Movement and
mindfulness for kids



GriptoniteRevolutionary indoor climbing app



Secret Stories
Walk and discover:
self-guided tours



StravaRunning, cycling, walking, canoeing



Sworkit KidsFitness, strength and agility for Kids

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



