

6 Week Summer Activity Challenge



Make your bed everyday	Ask a grown up if you can help them do a chore	Make some 'land art' out of shells/leaves/twigs - maybe collected from a walk	Learn all of the words to a song	Play hide and seek inside or outside
Watch a sunset - take a picture	One day, no screen time at all! Can you go any longer?	Tidy up a room	Colour in a picture every day for a week	Make a model out of junk
Choose where to go for a walk and take your family	Family game/quiz night	Have a pillow fight	Do 50 Star Jumps everyday for a week	Watch a sunrise - take a picture
Keep a diary	Find out about a famous person from the past, what were they famous for?	Keep a 'REACH for the stars' tally for a week - what's your score?	Build a den inside or outside	Make up a dance to your favourite song
Complete a random act of kindness every day for a week	Play in soapy water	Learn a new skill	Make an obstacle course inside or outside (safely)	Create your own challenge here...

You can colour a square in everytime you complete a challenge - can you colour them all? Whatever you do, have fun and remember to REACH FOR THE STARS!