

CHILDREN AND YOUNG PEOPLE

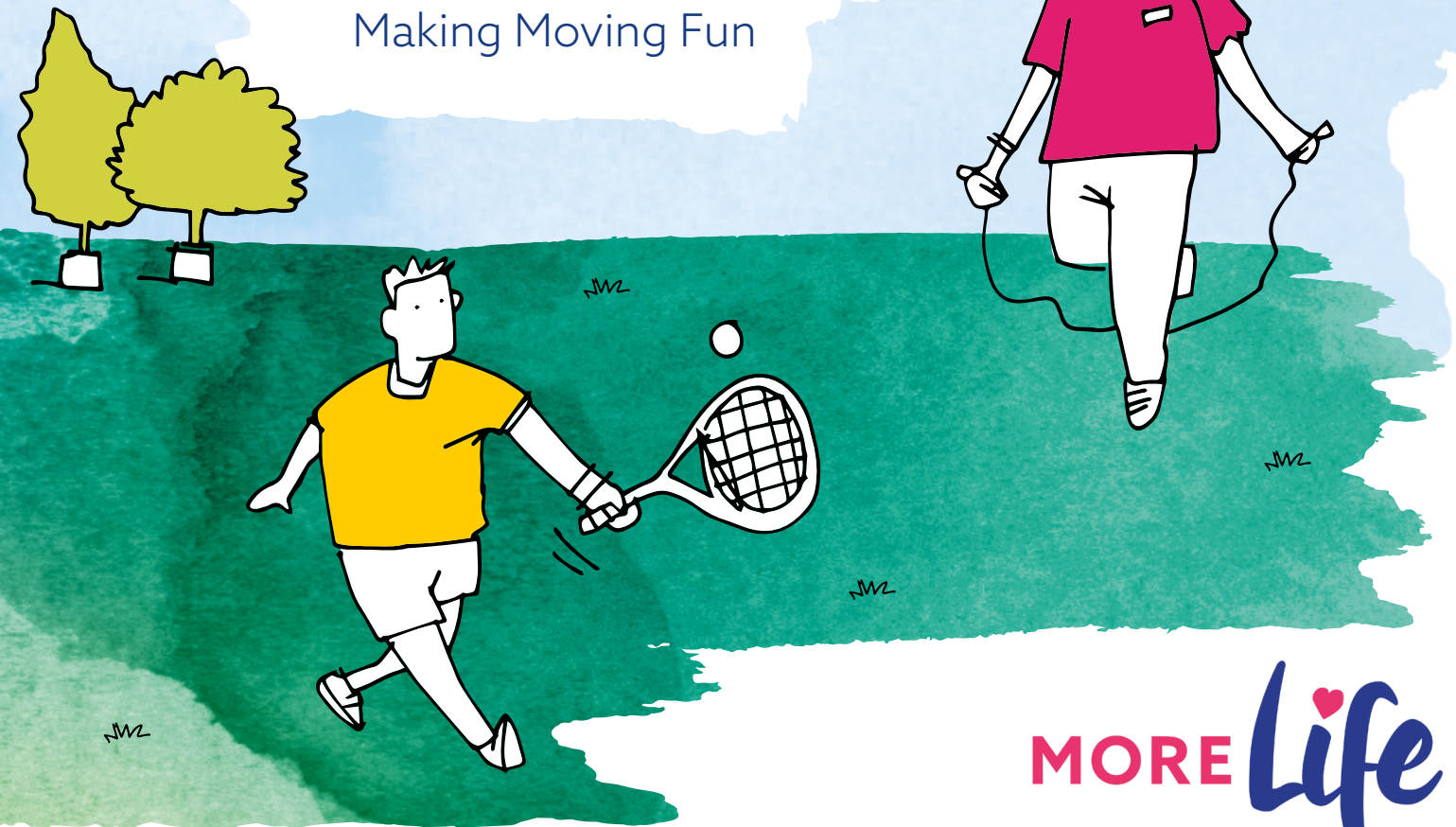
ACTIVITY PACK FOUR

IN THIS PACK:

The Benefits of Nature Walks

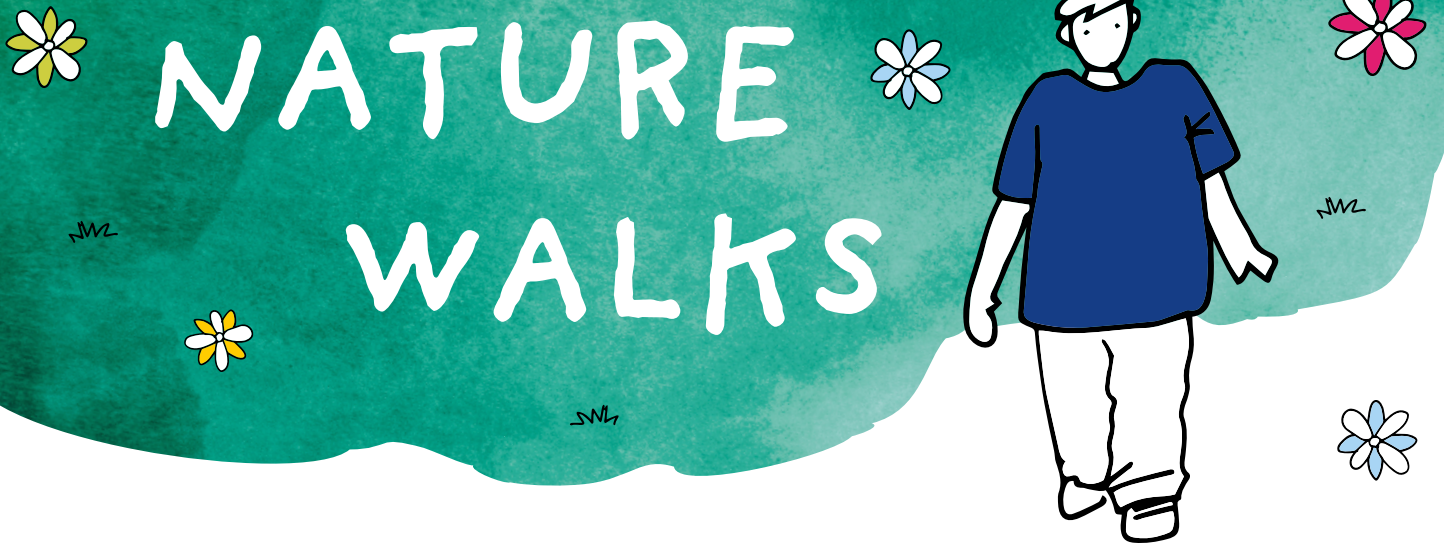
Banana Toast Recipe

Making Moving Fun



MORE Life

NATURE WALKS

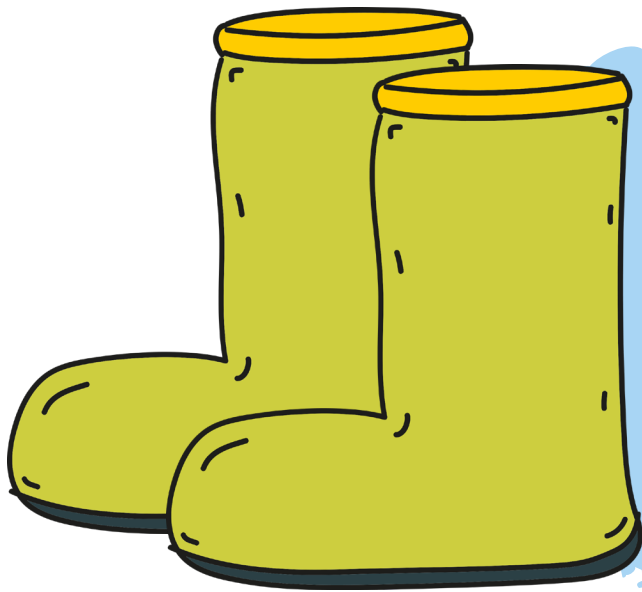
A stylized illustration of a person with a white cap, a blue t-shirt, and white pants walking on a path. The background is a green, textured area with several colorful flowers (yellow, white, pink, blue) scattered around. The text 'NATURE WALKS' is written in large, white, hand-drawn letters across the top.

Have you ever been on a bear hunt?

How about a scavenger hunt? This might look and feel quite similar to a bear hunt - squelching in mud (remember your wellies), swishing through long wavy grass, stumbling through a forest.



NWZ



We're going on a scavenger hunt, we're going to see what we can find, we're going to use all our senses and bear these in mind.

We're going on a scavenger hunt, no matter if it's wet, we'll be prepared with coats and boots, to help us see what we can get.

NWZ

MoreLife challenges your family to go for a 20 - 60 minute nature walk around your local park/woods/lake and use the table on the next page to tell us what you see on your walk.



Mindfulness Scavenger Hunt Questions



Find something that makes you happy

Find something that smells nice

Find something that is your favourite colour

Listen to the leaves rustle - What do they sound like?

Can you find something with a smooth or rough texture?

How many birds can you spot?
Can you name them?

How many different insects can you find? Can you name them?

BANANA TOAST RECIPE



Banana toast is a simple, delicious, and quick breakfast or even lunch. You will only need a few ingredients, and you may already have some of these ingredients in the house. As a bonus, this meal has a good balance of carbohydrates, protein, fat and fruit!

MoreLife team member, Sara, told us she makes this recipe with her family every Saturday morning. She finds the banana is a great food for children to learn to chop and they all enjoy helping out. If someone doesn't like peanut butter or jam, Sara recommends swapping this for a little bit of honey.



MoreLife Challenges you to make this Recipe with your Family



Ingredients - Serves 1



2 Slices of Bread



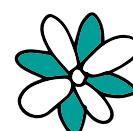
1 Banana



Peanut Butter



Strawberry Jam



1

Put your two slices of bread into the toaster.

2

Peel your banana and cut it into slices.

3

When your bread has toasted, add jam to one of the slices, and peanut butter to the other.

4

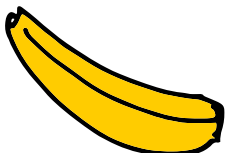
Put your banana slices onto one of your slices of toast.

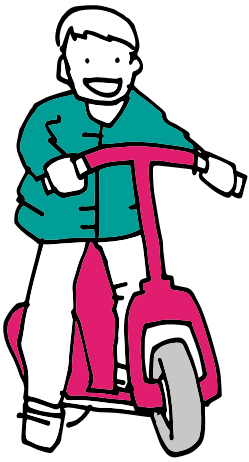
5

Place the two pieces of toast together, and cut your sandwich in half.

TOP TIP

BANANAS ARE A GREAT SOURCE OF POTASSIUM, WHICH IS GOOD FOR OUR BLOOD AND GOOD FOR OUR HEART





Find your way through life by exploring different movement ideas. Collecting movement experiences brings about creativity, confidence and most importantly fun!

Sometimes it is hard to make moving more and staying active fun. Saqeeb does not enjoy many of the activities that he does in PE at school. Which can make him worry about doing anything that involves being active and would rather sit at home watching TV or playing on his console.

Saqeeb has not yet explored other ways of moving his body, like games, that benefit his health in the same way that structured exercise, like PE, does. Saqeeb is keen to find out more about what he could do to stay active whilst having fun at the same time.

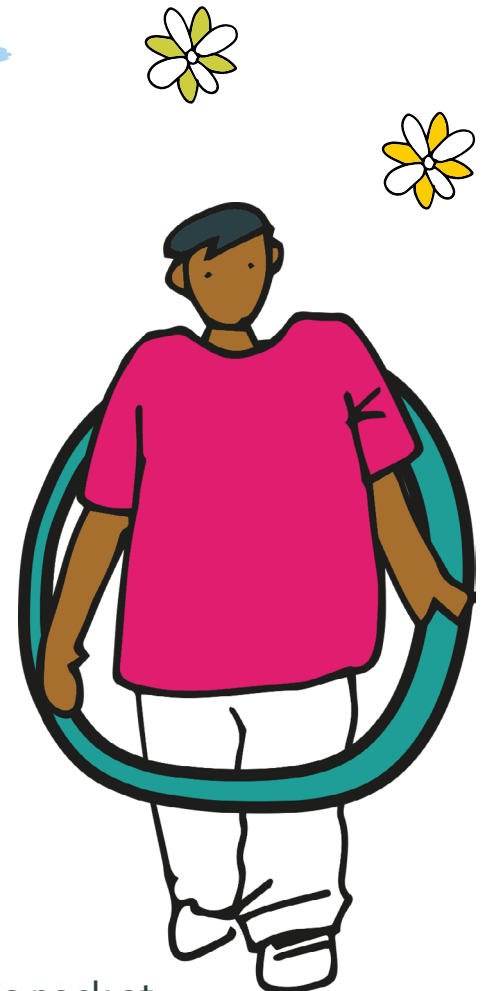
How Saqeeb Discovered Fun Ways to Move

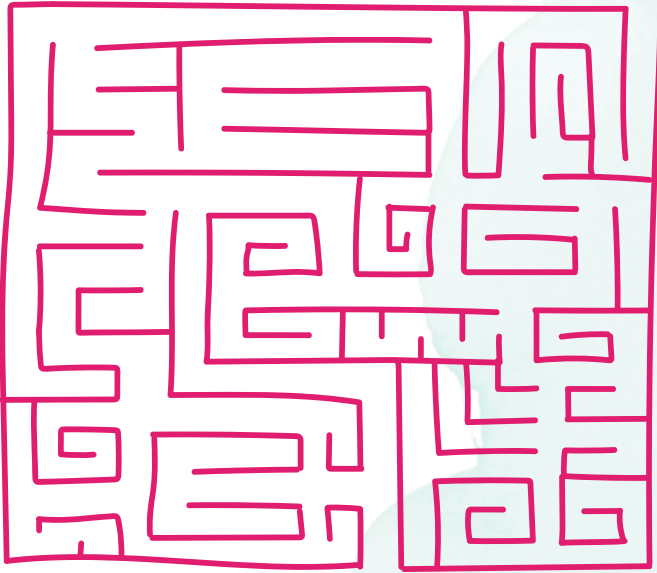
Saqeeb went to Ben's house one day and noticed some hula hoops in the garden. He had never seen these before and asked Ben what they were.

Ben described how you can use them to try and wriggle them around your body and it's so much fun. Saqeeb asked if he could have a go.

They both went out to use the hula hoops, Saqeeb wasn't too sure what to do at first, but the more he tried, the more he got the hang of it.

Saqeeb and Ben were smiling and laughing as they continued to use the hula hoops and before they knew it 30 minutes had already passed!





Later that week Saqeeb was at youth club and decided to explore an activity that some of the other children were doing. He was given a piece of chalk and instructions to design his own maze on the ground and make it as big as he liked. Saqeeb likes drawing so he got straight to it.

Once he was pleased with the maze he had drawn, he tried lots of different ways that he could follow it.

He started by walking, then he ran through it, then he hopped on alternative legs to get through and finally he hopped just on one leg to get to the end.

Saqeeb really enjoyed this and also tried the mazes that other children had drawn.

Why not try some different ways to move your bodies and see if you find any of them fun. We have put some ideas below:

Have a Dance Party

Take it in turns to pick a song and create a playlist. Turn the lights down and the music up and get dancing. You can make it more fun by creating and practising dance routines for certain songs. Then compete in a dance battle with each other, and see who can dance the best dance.

Circuit Course

Pick a few different activities for your course such as jumping jacks, skipping rope, dribbling a ball. Try challenging a friend and see who can achieve the fastest time. The best thing is that each course can be unique.

Hula Hoop

You can hula hoop solo or make it a game. You can try hula hoop racing, spinning hula hoops whilst trying to move, run or shimmy your way to the finish line.

Parkour for Kids

Parkour is when you go from point A to point B in the most athletic way you can. Create a parkour course in your garden using hula hoops and balls.

Skipping

Try out different movements whilst skipping, both individual and with a partner.

