



# MoreLife's Family Activities



We have developed ten unique activity packs that you can do as a family at home. They all contain a variety of fun stories, challenges and videos. All of these activity packs can be accessed in digital format by scanning the QR code's below. Tick the boxes as you complete each activity.

## ACTIVITY

P  
A  
C  
K

1

Looking after our Bodies

Poppy's Plant Pot

Word Search

Picture Walk


## ACTIVITY

P  
A  
C  
K

2

Fruit Kebab Recipe

Draw your Dinner

The Easy Plate Model


## ACTIVITY

P  
A  
C  
K

3

Goldilocks and the 3 Portion Sizes

Swap of the Week

30 Second Challenge


## ACTIVITY

P  
A  
C  
K

4

The Benefits of Nature Walks

Banana Toast Recipe

Try a New Activity


## ACTIVITY

P  
A  
C  
K

5

Try Something New

Working Together as a Family

Obstacle Course




## ACTIVITY

P  
A  
C  
K

# 6

- Fish and Chips Recipe
- Creating a Dance Routine
- Eating Dinner as a Family



## ACTIVITY

P  
A  
C  
K

# 7

- Panini Pizza Recipe
- Wellbeing Activities
- Eatwell Birthday

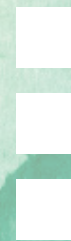


## ACTIVITY

P  
A  
C  
K

# 8

- What's in my Drink?
- Drinking Water
- Making a Kite



## ACTIVITY

P  
A  
C  
K

# 9

- Making Origami
- Getting to Sleep
- Pancake recipe



## ACTIVITY

P  
A  
C  
K

# 10

- A Peaceful Minute
- Draw your Activity
- Dance Party



Once you have completed each pack, please fill in the quick survey that can be found at the end of the activity pack to let us know how you found it. If you have any questions, then please contact Emma by email at [emma.nicholls@more-life.co.uk](mailto:emma.nicholls@more-life.co.uk)

Follow us on our social media pages to learn about fun health facts, upcoming events and wellbeing tips.

