

Food, fitness and wellbeing challenge May 2020

1. Have an egg and spoon race round your house (hard boil the eggs first!!)	2. Send a text to a friend or relative to see how they are 	3. Make breakfast for your family and eat it together	4. Open a window and listen for 5 sounds of nature	5. Make a milkshake or smoothie using fruit from the fridge (google recipes)	6. Use the stairs or a step to do 100 step ups! 
7. Wash, dry and put away dishes after dinner tonight!	8. Using a chair do 40 dips (google for demo)	9. Wash your hands! Think of all they touch every day! 	10. Do 5 press ups. Rest and then try and see if you can beat your score!	11. Help an adult peel potatoes or prepare dinner tonight.	12. Every hour stop what you are doing, focus on your breathing- take 3 calm deep breaths!
13. Using a ball, throw it against a wall and catch 100 times. Make it harder and catch 1 handed! 	14. Practise buttering bread by making yourself a sandwich for lunch. Cut it evenly into 4 triangles	15. Sit, close your eyes and listen to a calming piece of music for 5 minutes.	16. Wrap up warm and go outside for a 30min walk with your family.	17. Google a scone recipe and bake some with an adult- it's like being in HE!	18. Do 20mins of jogging on the spot .Jog 1 min, rest 1min and repeat!
19. Have a tech free afternoon-no xbox, mobile phone etc..	20. Plank challenge- who in your house can hold it the longest?	21. Google recipe for French toast, make this as a snack for your family	22. Look up "renegade tik tok" and learn it! 	23. Have a chat with an adult about how you feel being off school	24. Help with the laundry-load the washing machine!
25. Make someone smile today 	26. Offer to Hoover the floors today.	27. Google recipe for shortbread, ask an adult to help you bake them.	28. Write down 5 things you are grateful for, discuss with your family	29. Duck walk into every room in your house (google it!)	30. Spend time together-watch a movie and relax

Google for additional info on challenges!! Good luck and enjoy!! Mrs Strain and Mr Starrs