



CHALLENGE CARD WEEK 1

Paint a picture



Bake a cake



Read a book somewhere unusual



Make an aeroplane



Have a water fight



Make a treasure map



Put your feet in the sea







CHALLENGE CARD WEEK 2





Go for a walk with or without a dog





Water the plants



Do something kind for someone





Read a comic or magazine



Play with your favourite toy



Have a go on a swing







CHALLENGE CARD WEEK 3

Play a card game





- Have a go at playing a musical instrument
- Go for a bike ride



Make some ice cubes for a cold drink



Design and make a paper hat



Write and send someone a postcard



Help do the dusting or vacuum cleaning







CHALLENGE CARD WEEK 4

Catch a crab



Play in a paddling pool



Design a bookmark



Make and eat a sandwich



Fly a kite



Play a snap card game



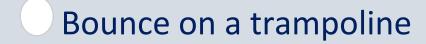
Do some exercises







CHALLENGE CARD WEEK 5







- Play in some sand and build a sandcastle
- Build with some Duplo or Lego







- Make a milkshake
- Design and model a dragon or unicorn from junk
- Look at a flower very carefully







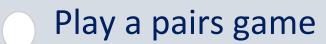
CHALLENGE CARD WEEK 6





Get your hands wet in some water

playing with some toys





Share a favourite story



Design and make a friendship bracelet



Paint with your fingers



Have some fun in your own way...

