


<p>Play Frisbee. How many throws can you catch before it hits the ground?</p>	<p>Play a game of tiggy.</p>	<p>Have an egg and spoon race. How far can you walk before dropping the egg?</p>	<p>Challenge your family to a game of kick to kick. Who can take the most marks?</p>	<p>Create a new ball game that your family could play.</p>
<p>Explore some mindful websites.</p> <ul style="list-style-type: none"> • Yoga 4 kids online <ul style="list-style-type: none"> • Meditation • Cosmic Kids 	<p>Have a balloon race against your family. You must carry the balloon a certain distance but cannot use your hands.</p>		<p>Play balloon volleyball.</p>	<p>Plan a healthy menu for a restaurant.</p>
<p>Shoot some hoops, either with a ring outside or create your own hoop over the bin.</p>	<p>Play silent ball or down ball with your family.</p>	<p>Create a new dance.</p>	<p>Record how many skips you can do before you mess up. What is your best result?</p>	<p>Look in your pantry and fridge. Classify your food into the healthy food pyramid.</p>