



# Weekly Summer Kids Challenge

Inspire activity this summer with our weekly bingo challenge. The aim is to complete at least one row of activities each week of the holidays. Better yet, complete the entire board for a 'full house' of fun and fitness!

<b>GO FOR ONE LONG WALK</b>	<b>READ EVERY DAY</b>	<b>MAKE AN OBSTACLE COURSE</b>	<b>DO 3 MINI WORKOUTS</b>
<b>HELP MAKE A FAMILY DINNER</b>	<b>HAVE A KITCHEN DISCO</b>	<b>TRY A NEW FOOD</b>	<b>GO FOR A SHORT WALK EVERY DAY</b>
<b>HOST A FAMILY GAMES NIGHT</b>	<b>CLEAN YOUR ROOM</b>	<b>DO A CROSSWORD</b>	<b>MAKE A DEN</b>
<b>PLAY BALLOON VOLLEYBALL</b>	<b>WRITE A SHORT STORY OR POEM</b>	<b>HAVE AN ARTS AND CRAFTS SESSION</b>	<b>HAVE A MOVIE NIGHT</b>