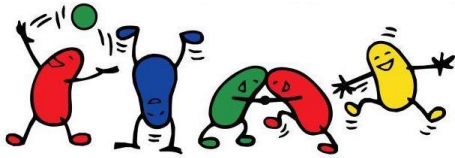


# FEEL FAB FEB

How many can you Tick off the list?

Find your 'Happy Beans'



Activities can be done in any order. If you do one of the activities more than once, start a tally next to your original tick. Make sure you ask permission first from an adult & stay safe when trying anything new. Certificates are available from your school. Bronze for achieving 6-10 goals. Silver for 11-20 goals. Gold for 21 plus. We would love to see some of your attempts on Twitter using #feelfabfeb and tagging @AshtonSSP @CSETSports1 @NSSPEA1

NAME: \_\_\_\_\_

How many goals did you complete?



Run / jog or  
scoot 1km or  
cycle 3km

tlcK ME



Go for a 30 min  
walk 4 times in a  
week

tlcK ME



Tidy your bedroom  
without being  
asked!

tlcK ME



Make a family fitness  
star chart and hold a  
family competition

tlcK ME



Learn a new skill or  
trick in a sport of  
your choice

tlcK ME



Plan a family 'Movie  
Night' complete with  
snacks

tlcK ME



Bake a  
cake.

tlcK ME



Design a new strip/kit  
for any team or sport  
of your choice

tlcK ME



Spend some time star  
gazing. Can you  
identify any stars or  
constellations?

tlcK ME



Send a card/letter or  
postcard to someone (a  
relative or friend). It will  
make them feel special!

tlcK ME



Make up a dance  
routine

tlcK ME



Throw a tennis ball  
against an outside  
wall 20 times  
without dropping it

tlcK ME



Plan & prepare (with  
an adult) a healthy meal  
each week

tlcK ME



Build up to 100  
step-ups either on  
bottom stair or low  
bench/platform

tlcK ME



Make up a catching  
game to play  
outside

tlcK ME



Walk or climb up a big  
hill, spend 10mins  
enjoying the view

tlcK ME



Make a den inside  
or out in the  
garden.

tlcK ME



Make a healthy  
smoothie and  
give it a name!

tlcK ME



Run/Jog or  
scoot 2km or  
cycle 5km

tlcK ME



Spend 10 minutes bird  
watching and listening to  
them sing. How many can  
you identify?

tlcK ME



Perform at least one  
random act of  
kindness every day.

tlcK ME



Make your  
parents/carer a  
drink

tlcK ME



Make a smiley face  
out of different fruit  
or veg

tlcK ME



Make an obstacle  
course and challenge  
others to complete it

tlcK ME



Wrap up warm and  
go for a family night  
walk. Come home for  
hot chocolate

tlcK ME



Try a new fruit or  
vegetable as part of a  
daily meal or snack

tlcK ME



Can you do 100 skips?  
Keep practising until you  
can do as many as  
possible without stopping

tlcK ME



Can you balance on one  
leg for 30 seconds?  
(now try the other)

tlcK ME



Read a new book  
or re-read your  
favourite book

tlcK ME



Learn to juggle. Use  
balls (or socks or fruit)!  
You could even find your  
own tutorial online

tlcK ME

