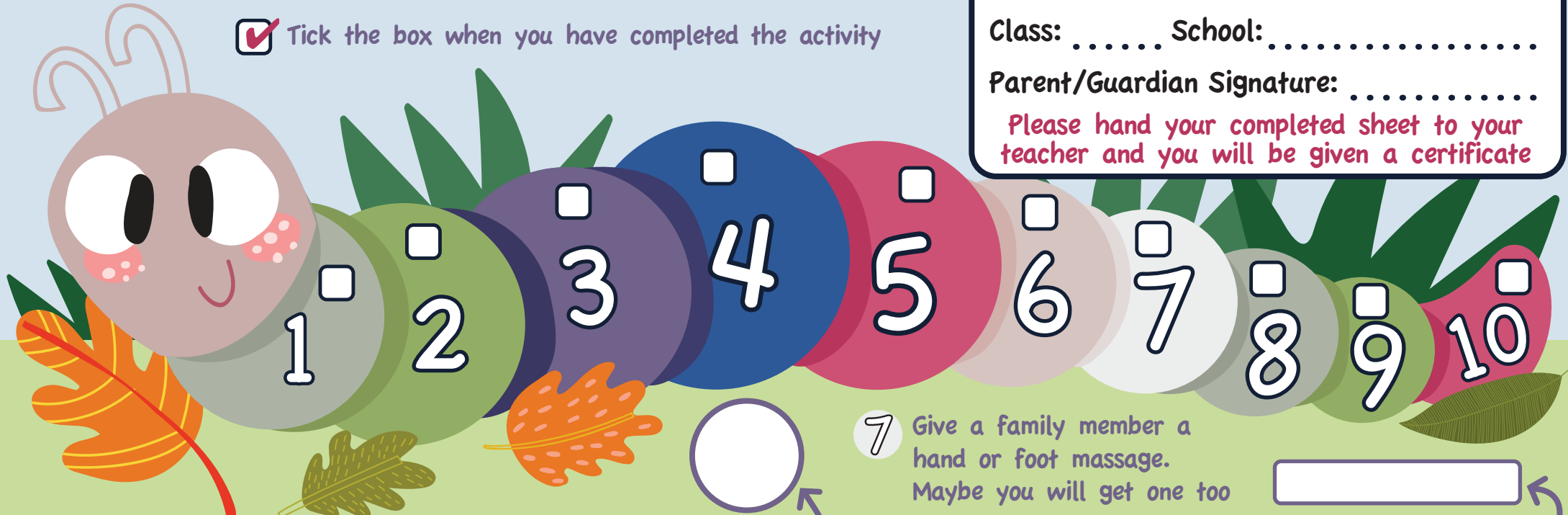


# Healthy Caterpillar Challenge

Tick the box when you have completed the activity



Name: .....

Age: .....

Class: ..... School: .....

Parent/Guardian Signature: .....

Please hand your completed sheet to your teacher and you will be given a certificate

- 1 Hop on one leg counting to ten
- 2 Hop on the other leg and count to ten

- 3 Do star jumps and sing a verse from your favourite song at the same time
- 4 Watch the news

- 5 Eat an apple and Sellotape the pips here
- 6 Sit cross-legged on the floor and take ten deep breaths

- 7 Give a family member a hand or foot massage. Maybe you will get one too
- 8 Lie on your back and pretend to ride an upside-down bicycle for one minute
- 9 How do you relax? Draw a picture here

- 10 Write the name of your favourite healthy snack?

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Thank you for taking the time to complete the Healthy Caterpillar Challenge. We hope this encourages you and your child to get fit, get healthy and get refreshed.