

**Which Forefield Five Superhero are you going to  
How many activities can you complete?**



**choose?**

<p>Captain Connect</p>	<p>Send a card/ postcard to a relative or neighbour who you aren't able to see at the moment. It will brighten their day.</p>	<p>Have a chat with a friend on the phone or through facetime/ WhatsApp call. Remember it is important for us to keep in touch with our friends.</p>	<p>Make something to go in your window- a rainbow or a picture that will cheer others up when they are out exercising. You could write a positive message 'Keep smiling'. You could change this weekly- people will look forward to walking past your house.</p>
<p>Active Man</p>	<p>Go for a walk or bike ride with your family.</p>	<p>Active Man Challenge</p> <p>5 star jumps 5 jumps 3 hops Jog on the spot for 10 seconds Repeat 5 times</p>	<p>Complete a <b>Shake Up Activity</b> (click on link) Which activity will you choose? Remember it is important to keep moving especially when we are in the house all day!</p>
<p>Lightning Learner</p>	<p>Learn how to cook a meal for your family, with help from the adults in your house!</p>	<p>Learn the rules for a board game or card game that you have not played before.</p>	<p>Learn a dance routine to your favourite song!</p>
<p>Go Go Give</p>	<p>Make a cake or biscuits for a neighbour or elderly relative and leave it on their doorstep.</p>	<p>Spend some time helping a member of your family with some chores or a job.</p>	<p>Ask a friend or family member how they are and see if there is anything you can help with.</p>
<p>Mindful Mystique</p>	<p>Take a walk around your garden or in the local area and look closely at the nature you see- what you see you haven't seen before?</p>	<p>Turn on your 'Spidey-senses' like Spiderman. What can you hear, smell, see, touch and taste?</p>	<p>Texture bag- get someone to hide some objects in a bag and then have a go at feeling the objects and see if you can work out what they are?</p>