



Family Active
Challenge



11th Feb-
6th March



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Challenge 1



Felix the FOX comes bounding out from behind the bushes. "Hi Scarlett, have you lost your acorns again? If you complete this action challenge, I'm sure it will help to keep you warm until you manage to find them!"



ACTION CHALLENGE:

Pick a spot between two trees and run fast like a fox, backwards and forwards between them as many times as you can in 30/60 seconds.



Scan the QR code to download your family challenge chart, find trail locations and other games and activities at doncaster.mumbler.co.uk, or pick up a family challenge chart from your local Family Hub.



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Challenge 2



Rachael the Robin is flying through the air on the way back to her nest. "Keep looking Scarlett!" she chirps "you'll soon find your acorns."

"Have some fun whilst you're looking by completing this action challenge!"



ACTION CHALLENGE:

Flap your arms like a bird all the way down to your sides and up into the air as high as you can. Do this as many times as you can in 30/60 seconds.



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Challenge 3



Polly the Pony is looking over the fence from a nearby field. "Over here Scarlett!" neighs Polly "I think your acorns may be this way. Why don't you copy me and try this action challenge before you start searching again?"



ACTION CHALLENGE:

Find a park bench or bush and trot in a circle around it like a pony as many times as you can in 30/60 seconds.



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Challenge 4



Olivia the Owl is sitting on a nearby tree branch. "I think I've seen your acorns earlier today" she hoots, "I'm sure it won't be long until you find them." Keep up the good work with this action challenge, you're doing really well!"



ACTION CHALLENGE:

Hold your arms out in front of you and bend your knees, squatting down as low as you can. See how many squats you can do in 30/60 seconds.



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Challenge 5

Bertie Blackbird is down on the ground searching for worms to eat.

"Sorry Scarlett, I haven't seen your acorns" he tweets
"Try this action challenge to keep you warm whilst you're looking for them!"



ACTION CHALLENGE:

Jump on both legs like a blackbird, as many times as you can in 30/60 seconds.

How high can you jump during this challenge?



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Challenge 6



Bernard the Bat is fast asleep, but opens one eye when he hears Scarlett searching.

"Your acorns aren't here" he says grumpily "keep yourself warm with this action challenge and I'm sure you'll find them soon!"

ACTION CHALLENGE:

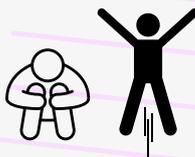


Crouch down in a tight ball like a tiny bat with your arms wrapped around your legs then spring up, opening your arms like you've got bat wings as many times as you can in 30/60 seconds.

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Challenge 7



Harriet the hare is bouncing past in a hurry to get home for her tea.

"Still looking for those acorns? she calls out "you've nearly completed all of the action challenges now, keep going with this one, you'll feel great once you've finished them all!"

ACTION CHALLENGE:



Pick a spot in the distance (not too far away!) and hop like a hare, forwards to it and back again as many times as you can in 30/60 seconds.



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Challenge 8



Stanley Stag pops his head from around a bush he's hiding behind. "Hi Scarlett, you must be getting tired by now?" he says "Here is your last action challenge to complete. WELL DONE for working so hard to complete them all!"

Look what Stanley has found hiding behind the bushes - its Scarlett's acorns!



ACTION CHALLENGE:

Find the biggest tree you can see and tiptoe gracefully like a deer in a big circle around it, as many times as you can for 30/60 seconds.



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