



Family Active
Challenge



11th Feb-
6th March



Doncaster

mumbler

SQUIRREL

**COLOUR
ME IN**





Family Active
Challenge

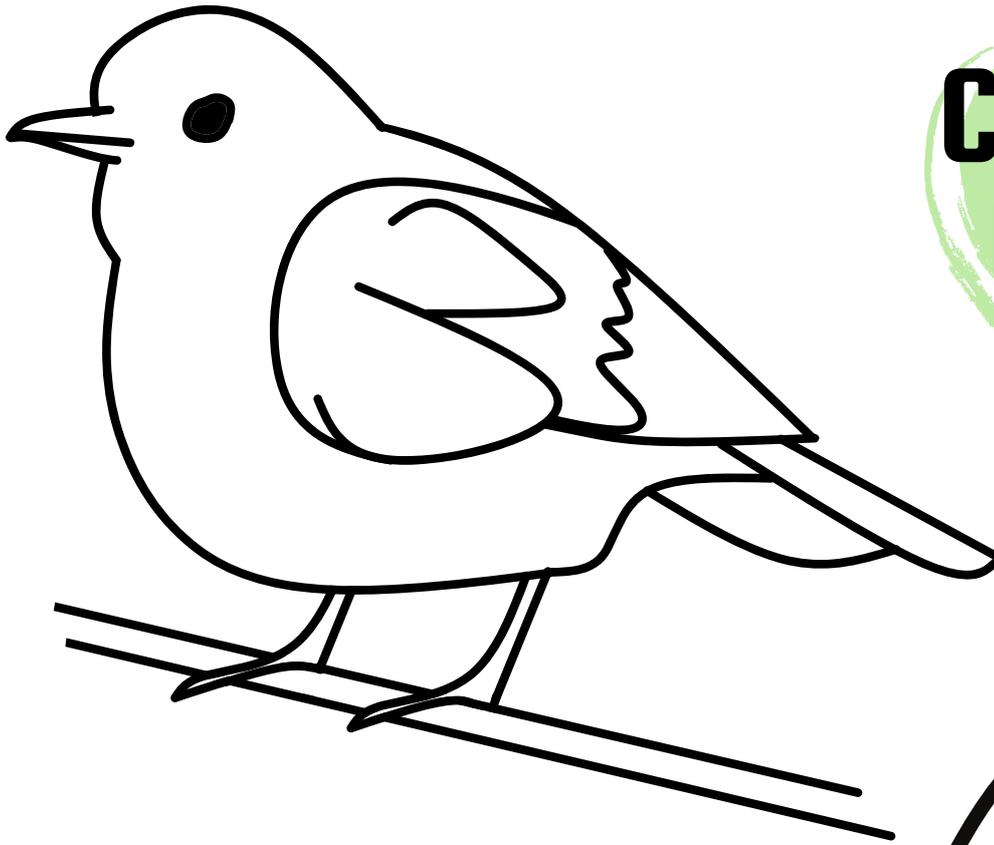


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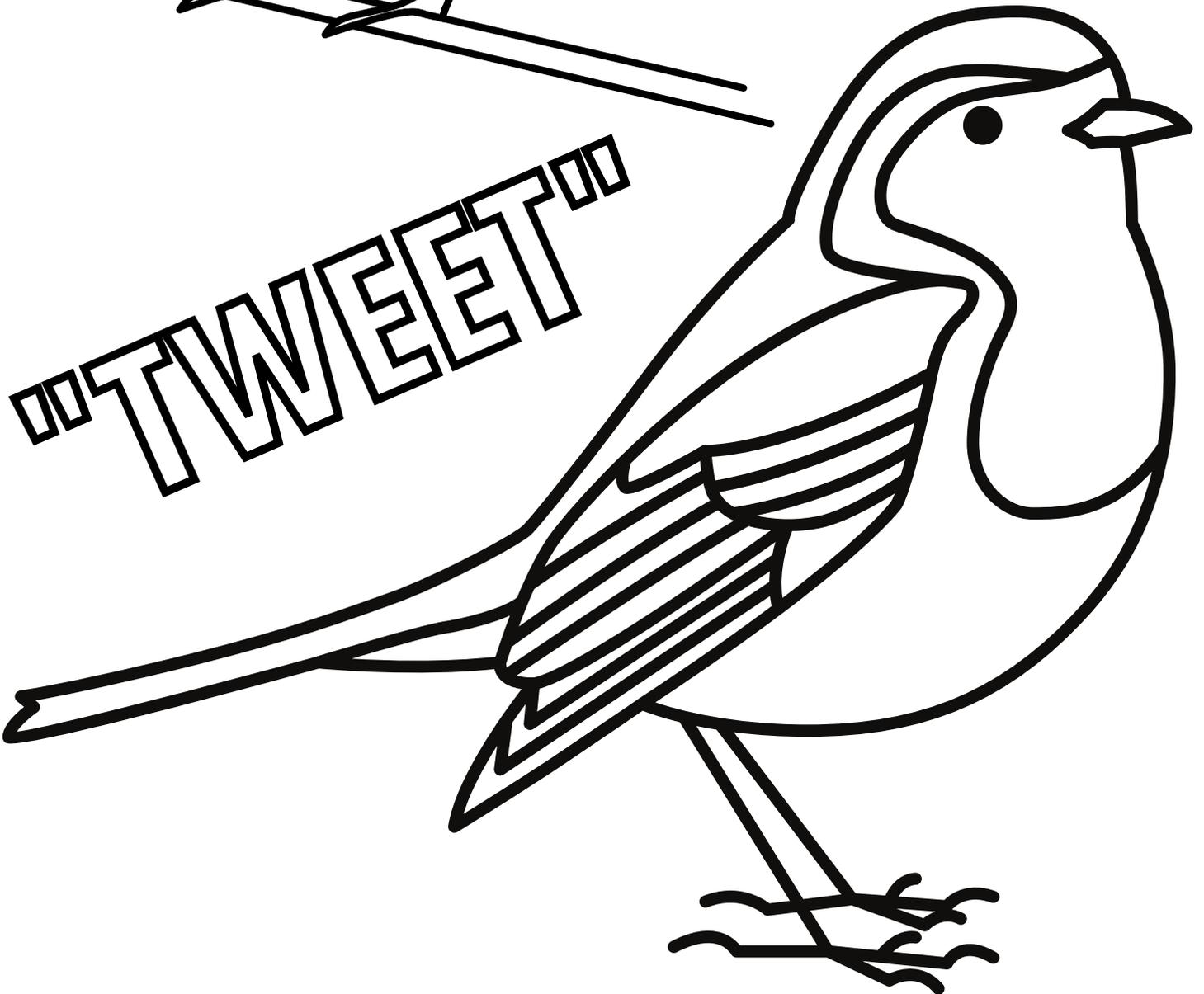
Doncaster

mumbl



**COLOUR
ME IN**

“TWEET”





MAKE A BIRD FEEDER

Birds like to be fed all year round, but winter is their most difficult time when its cold outside and natural food is in short supply.

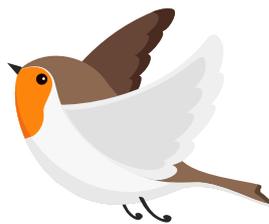
Try this fun winter activity to look after the birds in your garden. Its easy and simple to make at home.



Instructions:

What you need:

- Card tube (empty toilet roll or kitchen roll tube works well)
- Peanut butter or lard
- Bird seed
- Spoon
- Plate



- Make sure to take off any bits of paper that may be stuck to your empty card tube.
- Spread a thin layer of peanut butter or lard over the outside of the tube with the back of a spoon.
- Pour your bird seed onto a plate.
- Roll the peanut butter or lard covered tube in the bird seed (hold the inside of the tube to avoid getting messy fingers!)
- When all of the tube is covered with bird seeds, its ready to feed the birds!
- Simply slide your bird feeder onto a tree branch and see who comes to visit.

As well as helping the birds, feeding them means we can watch them – see how many you can spot!





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Doncaster mumblers

i-SPY CHALLENGE

Count up the number of each item and write the answer in the circles below!



	<input type="text"/>										
	<input type="text"/>										



KEEP FIT NAME GAME

Using these fitness challenges can you complete your first name or full name?

A

Do 10 frog hops

B

Walk up and down the stairs 2 times

C

Wave your arms like a windmill for 20 seconds

D

Do 5 squats

E

Run in place for 10 seconds

F

Pretend to climb a tree for 20 seconds

G

Balance on your left foot for 10 seconds

H

Balance on your right foot for 10 seconds

I

Take the biggest steps you can for 7 steps

J

Crouch down low then jump up high 3 times

K

Do 5 star jumps

L

Shake your whole body for 10 seconds

M

Touch your toes 4 times

N

Jump as far as you can for 20 seconds

O

Flap your arms like a bird for 10 seconds

P

Stretch up to the sky like a tree and shake in the wind

Q

Walk sideways like a crab for 5 steps left and then right

R

Hop on your right foot 10 times

S

Hop on your left foot 10 times

T

Head, shoulders, knees and toes! 5 times

U

Waddle like a penguin for 10 seconds

V

High knees for 20 seconds

W

Hop to the nearest door and back

X

Spin in a circle 3 times

Y

Scurry around the room like a squirrel

Z

Jump up and down 5 times



How many of these things can you spot today?

Winter Scavenger Hunt

GAMES

Pine Cone



Foot Prints



Clouds



Berries



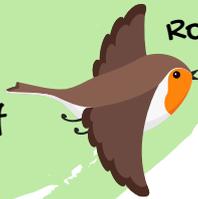
Squirrel



Muddy Puddle



Robin



Holly Leaf



Q: Where do squirrels go on holiday?

A: A beech tree!

Did you know?

Squirrels front teeth never stop growing. They gnaw on nuts and other things to stop them getting too long.

Try to unscramble these animal names and match them up to the correct picture!

quesrrli _____

bnrio _____

wol _____

hrae _____

edohhegg _____



Can you help Scarlett the squirrel find her acorn?



Q: What did the squirrel wear on her feet?

A: Cashews!

Q: What is a squirrel's favourite number?

A: Number tree!