

Key:

Nutrition

Exercise

Outdoors

Mindfulness

Family

Competition

Pum Munud i Symud!

 - Link

1<sup>st</sup>

Join Mr Ffit to start this month's challenge!

2<sup>nd</sup>

Make a healthy smoothie! You can follow the instructions or create your own!

3<sup>rd</sup>

Go for a 30-minute walk. Use your senses - what can you hear? See? Touch?

4<sup>th</sup>

Close your eyes and relax for five minutes. You could listen to relaxing music to help you.

5<sup>th</sup>

Complete a scavenger hunt with your family. You could stay inside or go outdoors.

6<sup>th</sup>

How many jumping jacks can you do in one minute? Can you beat Mr Ffit?

7<sup>th</sup>

Share a picture or drawing of you being healthy. You could be exercising, eating healthy food, taking time for yourself or spending time outdoors.

8<sup>th</sup>

Can you eat 3-5 different fruits today?

9<sup>th</sup>

Random act of kindness - do something kind for someone. What did you do?

10<sup>th</sup>

How many frog jumps can you do in one minute? Can you beat Mr Ffit?

11<sup>th</sup>

Play hide and seek indoors or outdoors.

12<sup>th</sup>

Join Mr Ffit for today's challenge!

13<sup>th</sup>

Design and build an obstacle course in the garden. Time yourself and your family, how fast can you complete it?

14<sup>th</sup>

Design a healthy juice or smoothie! Send Mr Ffit the recipe for him to try.

15<sup>th</sup>

Take some time for drawing, painting or colouring. Play some relaxing music whilst you do it. Enjoy!

16<sup>th</sup>

How many up and downs can you do in one minute? Can you beat Mr Ffit?

17<sup>th</sup>

Get outside! Ride your bike, scooter or skateboard. Go for a walk or run and have fun!

18<sup>th</sup>

Can you eat 3-5 different vegetables today?

19<sup>th</sup>

Connect with a member of your family to see how they are. Tell them a joke and get them laughing!

20<sup>th</sup>

Can you join Mr Ffit for today's challenge?

21<sup>st</sup>

Design a five minute workout. Think of your own exercises or find some ideas here.

22<sup>nd</sup>

Play a game together. Chat, laugh and have fun!

23<sup>rd</sup>

Go on a workout walk! On your walk, can you think of some activities you could complete? E.g. 10 star jumps when you see an animal, 5 high knees when you see a lamppost!

24<sup>th</sup>

Make a healthy snack! You can follow the instructions or create your own.

25<sup>th</sup>

How many squats can you do in one minute? Can you beat Mr Ffit?

26<sup>th</sup>

Write down all the things you are grateful for. How many can you list?

27<sup>th</sup>

Take a picture or draw your favourite thing that you have done in Ffit February.

28<sup>th</sup>

Can you join Mr Ffit to end this month's challenge?



# Ffit February



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