

FAMILY ACTIVITY BINGO

How many of the activities can you complete as a family from the bingo card? Try completing 4 for a line or try out all 12 for the full house!

Take part in one of the #HealthyAtHome Family Activity Cards

Download an app from the APPs page of our #HealthyAtHome website and try something new: www.lrspport.org/healthyathome

Can you start reading a new book this week? Aim to pick it up and read a few pages every day to unwind for the evening

Catch up with an old friend or a family member that you haven't been in contact with in a while over a video call

Can you complete the LRS HiFIVE Challenges?

Colour in Zoom and Dazzle our LRS Mascots: www.lrspport.org/funandcreativeresources

Create a list of family activities that you have missed or thought about during lockdown and pledge to do them together when you can again!

Take your pet or yourself on a walk. Why not try a new route? Always follow social distancing guidance

Use the Make Your Move Activity Tracker to challenge yourself to hit your daily move goal, record your activities each day!

Create a game / activity using household items! Be creative and send in your ideas and photos! Tag us on twitter @Lr_Sport or search LR Sport on Facebook!

Create a healthy meal for the family. Why not check out www.nhs.uk/change4life/recipes for some great ideas!

Design a new Sports Kit for our mascots Dazzle and Zoom! www.lrspport.org/funandcreativeresources



To send us some photos completing the tasks tag @LR_Sport and #HealthyAtHome. Send in your completed sheet to us via Facebook/Twitter/Instagram to be sent a small prize!