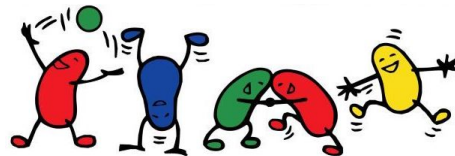


# FEEL FAB SUMMER



## FIND YOUR HAPPY BEANS!

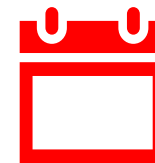


NAME \_\_\_\_\_

HOW MANY



DID YOU COLLECT?



Can you 'Feel Fab' this summer and be an Active, Healthy and Happy Bean? Tick off at least two activities in each category to earn your 'Feel Fab Feb' gold certificate available from your teacher at school. Make sure you get permission from your parents or a responsible adult before doing any of the activities and if you can get any of them (your family) involved as well, even better! We would love to see some of your attempts on Twitter using #FeelFabSummer and tagging:

@AshtonSSP @CSETSports1 @NSSPEA1

What makes you happy? Make some time to do your favourite things!



Put some fruit on your favourite cereal (and of course eat it)!



Watch some of the Commonwealth Games. Can you try one new sport?



Put a smile on someone's face (and yours) with a random act of kindness.



Make a healthy smoothie and give it a name.



Walk or hike up a big hill, spend 10 minutes enjoying the view.



Try out a new fruit or vegetable you have never had before!



Ride your bike, walk, jog or scoot for at least 10 minutes a day.



Throw a tennis ball against an outside wall 20 times without dropping it.



Have an arty afternoon; paint, draw, colour or make something. Display and share your creations.



How many skips or keepy-uppies can you do in 60 seconds?



Make a carrot, courgette or beetroot cake.



Play your favourite board game or garden game as a family.



Can you swap your favourite snacks for a healthier alternative?



Watch your favourite family film with your favourite treats.



Build up to 100 step-ups either on bottom stair or low bench/platform.

