

# Wellbeing Family Challenge - Week 1

We challenge you and your family to do as possible of the following activities!  
Doing these activities together, as a family, will help you all to learn more about each other and to have fun together!

## Bug Hunt

Using a small pot or cup, go hunting around your house and garden and collect some small bugs.

Can you name them?

Make sure you put them back where you found them from (unless the grown ups want them out of the house 😊).

Remember to be kind and gentle. Maybe photograph them!

## Baking

As a family spend time choosing things to bake and then enjoy eating together.

Take it in turns to be the Head Chef! Try new recipes together and write down any you really like in a family recipe notebook!

## Circuit training

As a family, create your own circuit training activities.

Spend 30 minutes working through the activities. You could include star jumps, jogging on the spot and hopping on one leg!! Don't forget to include a rest station for everyone.

## Show and Tell

Everyone in your home has 5 minutes to go and find something that they would like to share with the rest of the family.

Time to sit back and listen to each other talking about their chosen item.

## Kim's Game

Take it in turns to choose 6-10 objects to put on the table. Everyone study the objects. Take one away and guess what has been taking. Take it in turns to choose the objects.

Challenge - take away 2 objects!

Who has the best memory in your family - train your brain to get better!

## Enjoy a story together

If you have a favourite story, read it as a family and enjoy together. If you want to try a new story, you could listen to the Bog Baby, one of our favourite stories!

[Bog Baby](#)