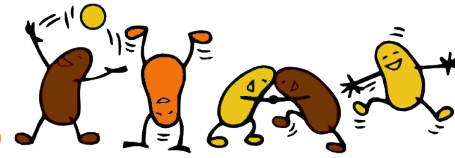


# HAPPY HEALTHY HALLOWEEN



NAME \_\_\_\_\_

HOW MANY SPOOKS



## FIND YOUR 'HALF TERM SPOOKY BEANS'

DID YOU COLLECT?

MAKE SURE YOU ASK PERMISSION AND MAYBE ASK FOR SOME HELP FIRST FROM AN ADULT & STAY SAFE WHEN TRYING ANYTHING NEW. Activities can be done in any order. Certificates are available from your school. Can you achieve Autumn GOLD and achieve at least 6 from the list?

We would love to see some of your attempts on Twitter using #HappyHealthyHalloween and tagging: @AshtonSSP @CSETSports1 @NSSPEA1

Carve a Pumpkin and display it somewhere for all to see



Make (and hopefully enjoy) a homemade soup (possibly Pumpkin)



Enjoy an Autumn Walk; <https://www.nationaltrust.org.uk/features/no-6-go-welly-wandering>



Can you help nature this Autumn/Winter <https://www.nationaltrust.org.uk/features/no-43-help-a-wild-animal>



Get creative with Autumn finds <https://www.nationaltrust.org.uk/features/no-18-create-some-wild-art>



Exercise outdoors every morning; why not try a sixty seconds challenge? <https://www.youthsporttrust.org/resources/coronavirus-support/60-second-physical-activity-challenges>



Halloween Bingo Cards - play bingo together with family or friends <https://crazylittleprojects.com/wp-content/uploads/2013/10/Halloweenbingo.pdf>



Bob for apples - place apples in a bucket of clean water. Can you lift an apple out of the bucket using just your mouth?



Make Halloween monsters using egg cartons <https://www.thecrafttrain.com/egg-carton-monster-treat-holders/>



Can you go for a walk, scoot or run every day in the holiday?



Create some wild art, take a photo and share with your family/friends



Every day try a 10 minute shake-up game

<https://www.nhs.uk/10-minute-shake-up/shake-ups>



Can you learn the Monster Shuffle Dance, can you add your own moves? <https://www.youtube.com/watch?v=XgFxo-lkCNQ>



Go on a minibeast hunt in your garden, local park or woodland. <https://www.nationaltrust.org.uk/donhill-demesne-and-hezlett-house/features/marvellous-minibeasts>



Perform a random act of kindness for a friend or one of your family



Read some Autumn/Halloween poetry. Can you write your own poem to share with family and friends?

