

**Daily 15 Minute Challenge for April and May. Each day choose up to 3 things, make yourself a 15 minute timetable and then have a go!
You can choose how long you want to spend on each one.**

Let's get Active	Let's get Creative	Help someone	Build your memory skills
Skip	Draw a picture	Do some gardening	Sit with your eyes closed
Throw a ball and catch it	Draw circles, squares, triangles, rectangles	Read to someone	Play solitaire with playing cards
Try Hula Hooping	Colour or paint a picture	Tidy your bedroom	Write your name
Kick a ball	Listen to music	Wash up for your family	Do a puzzle like a jigsaw
Walk on tip toe	Play with water or sand or both	Help in the kitchen	Sit in the garden quietly and write down all the sounds you hear
Star jump	Build a model	Talk to a friend	Do a scavenger hunt around the house or garden. Find something for every letter of the alphabet...
Hop	Play a musical instrument	Write a letter to someone and post it	Say the alphabet forwards then backwards

Let's get Active	Let's get Creative	Help someone	Build your memory skills
Jog on the spot	Go on a mini beast hunt	Look after your pet	Count in your head and write down the number you got to
Do some Yoga	Make your own juggling balls	Make up a quiz to test someone	Sit in the garden and watch the wildlife – record what you see
Walk in the fresh air	Dance and teach someone your dance	Play a board game or make up your own	Have a go at code cracking
Stand on tip toe	Try some origami	Help cook a meal	Write an entry in your diary
Bounce a ball with one hand	Go on a scavenger hunt	Make a birthday card for someone	Try Sudoku, a crossword, a logic puzzle or a word search
Learn to juggle	Upcycle something	Take some photographs and make a calendar to give to someone	Read to yourself
Set up an obstacle course in your garden	Make a board game	Write a thank you note to someone special and tell them why	Sing your favourite song
Make a trail in your garden using trail signs with stones, grass, bark etc	Make a paper aeroplane	Make a scrap book for a grandparent	Play the Tray Game