

Integra is the trading arm of South Gloucestershire Council

**Daily 15 Minute Challenge. Each day chose 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.**

Skip	Star jump	Sing	Kick a ball
Throw a ball and catch it	Draw circles, squares, triangles, rectangles	Read to someone	Play a board game
Read to yourself	Sit in the garden quietly and write down all the sounds you hear	Hop	Look after your pet
Sit with your eyes closed	Write your name	Wash up for your family	Do a puzzle like a jigsaw
Walk on tip toe	Count in your head and write down the number you got to	Jog on the spot	Help in the kitchen
Do some gardening	Build a model	Talk to a friend	Bounce a ball with one hand
Draw a picture	Tidy your bedroom	Write a letter to someone and post it	Play with water
Listen to music	Go on a mini beast hunt	Paint	Colour a picture
Dance	Say the alphabet forwards then backwards	Write an entry in your diary	Go on a scavenger hunt
Walk in the fresh air	Stand on tip toe	Do some Yoga	Sit in the garden and watch the wildlife – keep a record of what you see