



The Outdoor Daily Walk Challenge



When you see a ...

- **Yellow flower:** do 10 star jumps
- **Bird:** touch your head
- **Butterfly:** touch your toes
- **Runner:** pat your knees 5 times
- **Blue car:** jump as high as you can
- **Dog:** run on the spot for 5 seconds
- **Post box:** spin around
- **Bumble bee:** flap your arms like a bird
- **Bike:** hop on one foot 5 times
- **Zebra crossing:** clap your hands

