



# ACTIVE AUTUMN CHALLENGE!

A fun & active month of daily challenges for you and your family

**#GetOutsideActiveAutumn**

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# ACTIVE AUTUMN CHALLENGE!

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**

**See how many days you can complete throughout October**

Mix things up if the activity doesn't suit you on that day!

4 Find a new book to read in your garden or park

5 Start a new craft project such as knitting a scarf

6 Have a leaf confetti photoshoot

7 Go Blackberry picking

8 Make an Autumn Wreath from nature

9 Have a race in your garden or park and time your laps

10 Plant autumn seeds or flowers

11 Walk, cycle or run to your favourite place

12 Dance to your favourite songs or playlist

13 Collect leaves or autumn flowers to make art

14 Go apple picking and make a pie or crumble

15 Go on a run or walk to a new location

16 Visit a beach near your house

17 Try some nature photography

18 Make a Bird Feeder

19 Go outside to look at the Hunters Moon

20 Look for Bats and other night wildlife

21 Visit a National Trust garden or English Heritage Site

22 Go on an autumn walk in a wood or forest

23 Make an autumn themed healthy meal

24 Get up early to watch the sunrise

25 Make a Hedgehog House

26 Go camping in your garden or living room

27 Dance with your family or friends to Halloween music

28 Go stargazing, looking for the constellations

29 Go Pumpkin picking and carve your own

30 Go for a sunset walk or run

31 Have a Halloween fancy dress walk or run

Use our hashtag to share your photos and videos!  
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# ACTIVE AUTUMN CHALLENGE! DESIGN YOUR OWN!

MON

TUE

WED

THU

FRI

SAT

SUN

See how many days you can complete throughout October

What activities will you choose?

1	2	3				
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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# HALLOWEEN HALF-TERM

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## ACTIVE AUTUMN CHALLENGE!

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SATURDAY

23

### Make an autumn themed healthy meal

#### Ideas:

- Autumn spices can be a great way to add new and different flavours to a meal.
- Try Pumpkin, Cinnamon, Nutmeg or Ginger spices.
- Soups can be perfect for colder evenings, and can be an ideal base to add a range of vegetables.

Have a look at **BBC Good Food** for inspiration:

<https://www.bbcgoodfood.com/>



SUNDAY

24

### Get up early to watch the sunrise

#### Ideas:

- Check the time of the sunrise the night before, and set an alarm beforehand.
- You could walk to a location that is high up to get a beautiful view, or go outside into the garden with a hot drink.
- Don't forget to take photos and share them with us using the hashtag:

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MONDAY

25

### Make a Hedgehog House

#### Ideas:

- You could use a Hedgehog House kit, purchasable through Amazon or B&M for example, or make one from scratch.
- Materials you could use include, wood, logs or cardboard.
- Don't forget bedding and water for the Hedgehogs.
- Bedding can be made from old clothes, straw or hay.



TUESDAY

26

### Go camping in your garden or living room

#### Ideas:

- Use a tent, build a fort or make a den
- Play board games
- Have a picnic
- Tell family stories
- Read stories to each other
- Watch a Halloween Film
- Use pillows and blankets to sit comfortably
- Add fairy lights to light up your camp



# HALLOWEEN HALF-TERM

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**WEDNESDAY 27**

**Dance with your family or friends to Halloween music**

**Ideas:**

- You can find lots of playlists for the best Halloween hits on Spotify, You Tube or Apple Music.
- Try a dance off competition!
- Practice Halloween moves such as the Thriller dance or the Zombie walk!

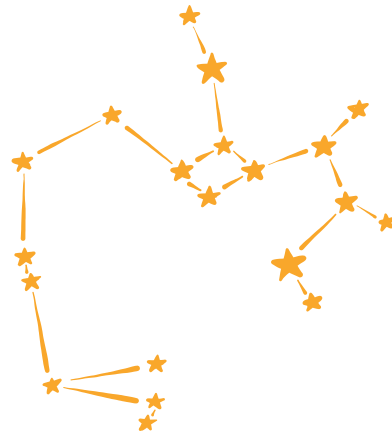


**THURSDAY 28**

**Go stargazing, looking for the constellations**

**Ideas:**

- Take a blanket outside, wrap up warm and make your favourite hot drink.
- Look up and see what shapes you can see made from the stars.
- Can you find any constellations?



**FRIDAY 29**

**Go Pumpkin picking and carve your own**

**Ideas:**

- Have a look online for a Pumpkin Patch to visit.
- There are patches in Somerset and surrounding areas, such as in Weston-super-Mare, or Farrington's Farm Shop.
- You could also get Pumpkins from your local supermarket.
- Trace a design onto your Pumpkin in a shape, face or pattern.
- You could also paint your Pumpkins!



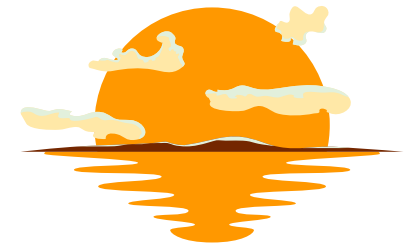
**SATURDAY 30**

**Go for a sunset walk or run**

**Ideas:**

- Check the time of the sunset before you plan to go out.
- Find a location you would like to visit, this could be somewhere you already know and love, or a totally new adventure.
- Make sure to wrap up warm, if the weather is colder.
- Don't forget to share your photos with us using the hashtag:

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# HALLOWEEN HALF-TERM

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Get Outside  
IN SOMERSET

ACTIVE AUTUMN CHALLENGE!

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SUNDAY

31

Have a Halloween fancy dress walk or run

Ideas:

- You could craft your own outfit, or dress up as something totally out there, such as your favourite movie character!
- Walk or run in your Halloween outfits, to add a fun twist to your outdoor activity.



THANK YOU FOR TAKING PART IN THE  
ACTIVE AUTUMN CHALLENGE!

What was your favourite activity in October?

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Have you got any photos or videos to share with us?  
We would love to see what you have all been up to!

Use the hashtag #GetOutsideActiveAutumn



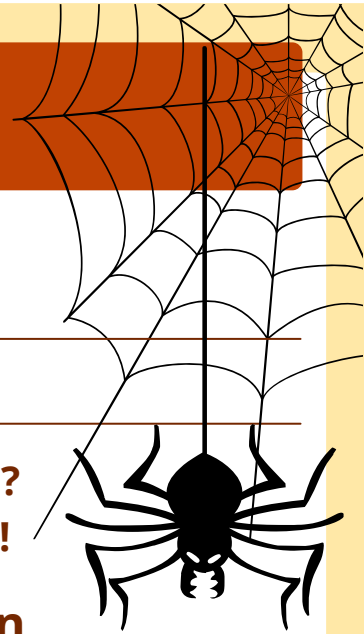
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