

AUGUST FAMILY CHALLENGE 2022!

A fun & active 2x weeks of daily challenges for you and your family

#GetOutsideAugustChallenge
www.getoutsideinsomerset.co.uk



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AUGUST FAMILY CHALLENGE 2022!

MON

TUE

WED

THU

FRI

SAT

SUN

See how many days you can complete over the next 2 weeks!

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

17

Create a dance routine to your favourite song

18

Find a new place to walk, run, cycle or scoot to

19

Go camping in your garden or living room

20

Walk or wheel to a Somerset landmark

21

Watch the sunrise or sunset
Don't forget to take a photo!

22

Take a photo of the view from your favourite place

23

Make an obstacle course with your family or friends

24

Build a bug hotel from sticks & leaves!

25

Play Hide & Seek with your family

26

Play a Better Health 10 Minute Shake Up game!

27

Go on a new adventure with your family

28

Make a healthy picnic & walk to your favourite lunch spot

29

What animals can you spot? Take wildlife photos

30

Go stargazing to look for the different stars

31

Go litter picking at your favourite beach or park

Use our hashtag to share your photos and videos!
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AUGUST FAMILY CHALLENGE! DESIGN YOUR OWN!

MON

TUE

WED

THU

FRI

SAT

SUN

See how many days you can complete over the next 2x weeks.

What activities will you choose?

17

18

19

20

21

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31

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WEDNESDAY 17

Create a dance routine to your favourite song

Ideas:

- Tapdancing
- Flossing
- Jumping
- Robot arms

Tip: Try clapping to the beat of the music to help time your moves!

What song makes you get up and move?



THURSDAY 18

Find a new place to walk, run, cycle or scoot to

- Have a look on your local map to see if there are any places you haven't visited yet
- Are there any events happening near by?
- You could make a day trip or just visit for an hour

What place did you discover?



FRIDAY 19

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
- go stargazing again

Describe your camp in 3x words!



SATURDAY 20

Walk or wheel to a Somerset landmark

Ideas:

- Look for a local landmark close to you, for example, Wellington Monument, Glastonbury Tor or The Grand Peir in Weston-super-Mare!

What was the name of the landmark you visited?



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SUNDAY

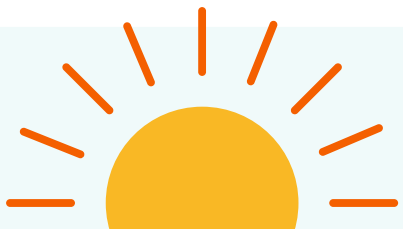
21

Watch the sunrise or sunset

Ideas:

- Find a hill for the best landscape views
- Watch how the light changes around you
- Take a photo as the sun rises or sets, to see the landscape change!

Where did you go to watch the sunrise/sunset?



MONDAY

22

Take a photo of the view from your favourite place

Ideas:

- See how much of the landscape you can get, using the panorama setting
- Don't forget to share with us using the hashtag #GetOutsideAugustChallenge

What could you see?



TUESDAY

23

Make an obstacle course with your family/friends

Ideas:

- Use benches, logs or ropes to jump or balance on
- Use chairs to create a an elevated walk
- Hop on one leg
- Crawl
- Hurdles

Who completed the obstacle course the fastest?



WEDNESDAY

24

Build a bug hotel from sticks & leaves!

Ideas:

- Advice and inspiration: www.somersetwildlife.org/actions/how-make-log-shelter
- Use logs, sticks and leaves
- Make a welcome sign for the bugs!

Take a photo & share it with us #GetOutsideAugustChallenge



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THURSDAY

25

Play Hide & Seek with your family

Ideas:

- Try in 2 teams, see who can find their team mate the fastest!

Where was your best or favourite hiding place?



FRIDAY

26

Play a Better Health 10 Minute Shake Up game!

Head to:

- www.nhs.uk/healthier-families/activities/10-minute-shake-up/

What was your favourite Shake Up game?



SATURDAY

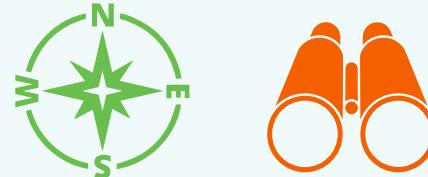
27

Go on a new adventure with your family

Ideas:

- Have a look at the areas close by, are there any areas you haven't visited yet?
- Check out our activities tab on our website for inspiration!

What new place or area did you discover?



SUNDAY

28

Make a healthy picnic & walk/wheel to your favourite lunch spot

Ideas:

- Think of what your favourite fruit and veg is, can you make a rainbow picnic with this?
- Where will you go? Beach? Park? Woodland?

What was your favourite food & where did you have a picnic?



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MONDAY

29

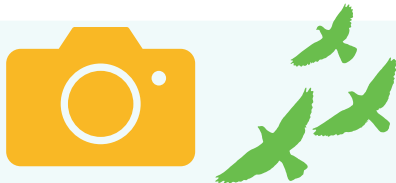
**What animals can you spot?
Take wildlife photos**

Ideas:

- Using a phone or camera, take photos of any wildlife you can see in your garden, park or on a walk
- Make sure to share them with us at

#GetOutsideAugustChallenge

What animals could you find?



TUESDAY

30

Go stargazing to look for the different stars

Ideas:

- Head out into your garden or just out the window once the sun has gone down to see if you can see any stars
- See if you can find any constellations

Could you see any stars in the sky?



WEDNESDAY

31

Go litter picking at your favourite beach or park

Ideas:

- Take an old shopping bag and collect what you can
- Remember to correctly dispose of what you have collected
- Use a litter picker or safety gloves
- *Supervised by an adult!

Where is your favourite beach or park?

