

Get active with our 30 day challenge

Cut out and stick on your fridge
Tick each day when complete

Did you know that children need to be physically active for at least 60 minutes every day? Climbing trees, playing hide and seek, or dancing to your favourite song are all great ways to get busy!

Check out our 30 day exercise challenge! Why not get the whole family to join in with you?

Puzzles

Wordsearch

Can you find them all?

B G O H X Z Y A C S
 U U N E I B O W S H
 N T A L H A O I E A
 A E M L Q L M H Z L
 Z N A O A I Q C C O
 I T S B K G O I Q M
 U A T I O N W N I H
 A G E A A V O N C B
 G V I B O N J O U R
 S C L F G U L K K D

JOKE

HA HA What do you call a dinosaur that is sleeping?
A dino-snore!

Say hello around the world!

Buna ziua	Sveiki	Ola
Konnichiwa	Hello	Shalom
Namaste	Bonjour	Ciao
Czesc	Guten Tag	

Sudoku

Try it!

Fill in the puzzle so that every row across, every column down and every 3 by 3 box contains the numbers 1 to 9.

	6		7	2			1	
8			1	3	6	5		
		3	4					
2			6	5			3	
		6			7		1	
			2			8	6	4
9	7		8	4				
	8				9		7	
			7	2	1		8	3

	15	

Maths puzzle

Can you put the numbers 1 to 8 in the square so that each side adds up to the middle number?

JOKE
He he! Why is 7 the scariest number?
Because 7, 8, 9