

WELL-BEING WEDNESDAY: GOING ON A BEAR HUNT - OVER, UNDER AND THROUGH

For this challenge, you are going to go on a family walk, or a class walk around the school grounds. With the people you are walking with, take it in turns to be the Leader. The person leading decides the direction the walk will go in. Change the Leader after a while so everyone gets a turn.

Whilst you are out and about on your walk take the time to focus on what is around you, the colours, the sounds, how things feel when you touch them etc.

As we know from 'Going on a Bear Hunt'..... we can't go over it, we can't go under it, we have to go through it.... well, today we are going to do all three!

When you are the Leader, have a look around for something you can climb over safely – every item to climb over gives you 1 point. Look for something you can pick up – if you can see a creepy crawly under your item then you get 1 point.

When the Leader changes, everyone comes together to make a non-contact tunnel for the new leader to walk through – every time you go through the tunnel you get 1 point.

How many points did you get, and which was your favourite part of the walk, going over, going under or going through? Why not add a bear chase too!



#HSGDAILYCHALLENGE