FAMILY ACTIVITY JOURNAL
Stoke Reads and StreetGames are working together to encourage reading, sport and physical activity participation.

Our vision is to help you as a family to build into your everyday lives regular reading, sport and physical activity in a way that suits you and your lifestyle demands. The main purpose is to help improve your lives positively.

This pack includes:
• Suggestions of local organisations which will help you stay active
• A six-week physical activity tracker for you to complete
• Weekly physical challenges
• Mindfulness activities
• A journal for you to reflect on your physical activity

We have set some tasks in the booklet to help you achieve the vision. These tasks are not a test, so do not worry, they are just fun pointers, which can be utilised to assist you and your family to organise a process of regular reading, sport and physical activity.

Story Quest trails, as part of Stoke Reads are free, fun-filled family adventures in Burslem, Tunstall and the surrounding area. With brain-boggling puzzles and fitness-fuelling activities, these special stories take you on exciting adventures in your local area. For more information go to www.storyquest.org.uk

Additional activity opportunities, ideas and links can be found here:

Stoke Reads
Facebook @StokeReads

National Literacy Trust Online Family Zone
www.literacyfamilyzone.org.uk

StreetGames
www.streetgames.org

Sport Across Staffordshire and Stoke-on-Trent (SASSOT)
www.sportacrossstaffordshire.co.uk

Staffordshire and Stoke School Games
www.staffsandstokeschoolgames.co.uk
Twitter @StaffsSG

Bee Active
www.beeactive.co.uk

Port Vale Foundation
www.portvalefoundation.co.uk

Stoke City Football Club Community Trust
www.stokecityfc.com/community
“Children and young people aged 5 to 18 should aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week.”

“Moderate intensity activities will raise your heart rate, and make you breathe faster and feel warmer. Examples of activities include:
• playing a game in the garden
• riding a scooter
• walking the dog
• cycling on level ground or ground with few hills
• completing any of the challenges within this booklet”

[NHS.uk]
# PHYSICAL ACTIVITY TRACKER WEEK 1

**WEEKLY CHALLENGE:**
"PIRATES TREASURE - X MARKS THE SPOT!"
On 6 pieces of paper, draw an X. Take it in turns to hide these around the house – who can find them in the fastest time? You can make it as hard or as easy as you like by choosing one or multiple rooms.

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- Energetic
- Calm
- Tired
- Sad
- Confident
- Bored
- Embarrassed
- Proud
- Healthy
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- Challenged
- Cool
**PHYSICAL ACTIVITY TRACKER WEEK 2**

**WEEKLY CHALLENGE: “FAMILY ART ATTACK”**
Gather as many items as you can from the garden/house and then use these to create a picture of how you are feeling right now.

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**THE HAPPY HIPPO**
list 5 things that have made you smile

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# Physical Activity Tracker

**Week 3**

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**What activities have you been up to?**

**How well did you sleep?**

**How did you feel when you were active?**

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**Weekly Challenge: “Super Clone”**

Take it in turns to do a dance/fitness activity such as sit ups, then the next person completes the move/activity previously set and introduces the next move/activity for the next person to copy. Use music to have fun!

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**WEEKLY CHALLENGE: “SOLAR SAILING ALIEN”**

The Aliens need your help to get around the world! It takes 35 hours to fly round, however to power their spaceship they need human physical activity. Can you and your family try to complete the 35 hours of activity between you throughout the week (or at least 1 hour each a day), to help the Aliens achieve their goal!

**THE PROUD PEACOCK**

*list 5 things that you are proud of*

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### PHYSICAL ACTIVITY TRACKER WEEK 4

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### Weekly Challenge: “Fun Obstacle Course”
As a family create a fun obstacle course – it can be as big or small as you like, using one or multiple rooms/garden. Who can do it in the fastest time?
**PHYSICAL ACTIVITY TRACKER  WEEK 6**

**WEEKLY CHALLENGE:** “FAMILY TV FITNESS”
Pick a tv programme that you all watch as a family. Use the adverts time to take part in a fun fitness session or mini challenge. Take it in turns to be the fitness instructor.

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In addition to looking after your physical health, it is extremely important to look after your mental health. Take a moment each week to complete the activity below to enhance your mindfulness - enjoying the world around you more and understanding yourself better.

WRITE OR DRAW 5 THINGS YOU CAN SEE
WRITE 4 THINGS YOU CAN HEAR
WRITE 3 THINGS YOU CAN SMELL
WRITE 2 THINGS YOU CAN TOUCH
WRITE 1 THING YOU ARE GRATEFUL FOR AND WHY
TAKE 1 DEEP BREATH IN AND OUT
NOW CONTINUE THE FUN

DID YOU KNOW...

WRITE A PICTURE OF WHERE YOU HAVE BEEN ACTIVE OVER THE 6 WEEKS.

DRAW A PICTURE OF WHERE YOU HAVE BEEN ACTIVE OVER THE 6 WEEKS.

WHAT IS YOUR FAVOURITE PLACE AND WHAT DO YOU LIKE MOST ABOUT IT?
**DO YOU THINK YOU WERE MORE OR LESS ACTIVE THAN LAST MONTH?**

Mark on the scale below:

- Less Active
- More Active

**WHAT’S GOING TO HELP YOU GET ACTIVE NEXT MONTH?**

**OUR GOALS FOR NEXT MONTH ARE GOING TO BE...**

**OUR FAVOURITE THINGS TO DO AS A FAMILY ARE...**
USE THIS SPACE TO WRITE DOWN OR DRAW ANY ADDITIONAL THOUGHTS, FEELINGS AND IDEAS OVER THE 6 WEEKS.