

Drink a glass of water at the start of your day

Help cook dinner tonight

Swap a fizzy drink or juice with a glass of water

Create an obstacle course at home for your family

Limit your screen time before bed, this will help you sleep better!

Create your own game with items from your house for you and your family to play

Try a fruit or vegetable you haven't eaten before

Complete 60 minutes of activity in a day

Count how many steps you can take in an hour around your house or garden

Call someone you haven't spoken to in a while

Take a mindful moment

Help look after your house and do a household chore or task

Create your own 30 minute activity programme to do in your house or garden

Say something nice to each member of your family

As a family, have a 'get up and move' break