

# ACTIVE MOVEMENT AT HOME

HAVE SOME FUN WITH THE MAX PACK AT HOME!

WE'VE COME UP WITH SOME GREAT ACTIVITIES FOR YOU TO DO



For more support visit:  
[publichealthslough.co.uk/campaigns/health-at-home](http://publichealthslough.co.uk/campaigns/health-at-home)

## MAX



Be like Max. Take an adult for a walk around your home or garden.

## MILLIE



Be like Millie. Take family or friends for a walk around your home or garden.

## RAFFY



Raffy loves shopping. Make a shop in your home or garden and take an adult or friends to see it

## OTIS



Be like Otis. Walk, run, play in your garden or an outdoor space with an adult or friend.

## BETSY



Be like Betsy. Take an adult or friend for a walk and talk about food you want to cook, eat and share.

## DAISY



Daisy loves walking. Take an adult, friend or your family for two walks in your home and garden in one day.

## TIGGY



Be like Tiggy. Stretch first. Crawl on your hands and feet. Then wiggle your fingers and toes.



Show or tell an adult, family or friend an adventure with Max and all his friends