



KIDS ONLY! KEEP WELL ACTIVITY BOOK

KEEP WELL



SPÓRT ÉIREANN
SPORT IRELAND



Rialtas na hÉireann
Government of Ireland

Nature walk

Spring holds a lot of surprises,
like new flowers and leaves
that come in all shapes and sizes.
Head for a walk and tick what you see
keep an eye out for birds, the
ants and the bees.

Maybe there's butterflies,
worms, trees or snails
you can find so many things
out on these trails.

Spring really brings us many a treasure
and using this booklet we
can find it together.

Set off on a walk within your 5K

Bring this booklet and tick
them off on the way.

Blue Tit

☐

Ant

☐

Daffodil

☐

Leaf

☐

Robin

☐

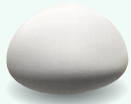
Butterfly

☐

Snail

☐

Pebble

☐

Worm

☐

Wood Louse

☐

Picture the park

Close your eyes and picture the park,
Is it filled with swings or dogs that bark?
Use your imagination and draw what you see,
Maybe it's flowers, a bird or a tree?

Draw what comes into your mind
when you think of the park.



Fitness challenge

Chicks, lambs and bunnies are born in the spring
have you seen one before?
They're very cute little things.
Let's all pretend we're a bunny today
And hop, hop, hop, to have some fun while we play.

Try 45 seconds of activity, then 15 seconds of rest.

BUNNY JUMP

Hop, hop, hop up and down like a bunny.

☐ Done!



CHICK WADDLES

Tuck your hands in like little wings, keep your knees together and jog in circles while flapping your wings.

☐ Done!



ELEPHANT STOMPS

March in place, stamping your feet as hard as you can.

☐ Done!



STARFISH JUMPS

Jump up and down spreading your arms and legs wide (jumping jacks).

☐ Done!



CRAB WALK

Sit down and place your palms on the ground behind you, lift your hips and walk with your hands and feet.

☐ Done!



CHEETAH RUN

Run in place as fast as you can just like the fastest animal in the Sahara.

☐ Done!



LAMB SPRINGS

Place your hands on the ground in front of you and arch your back as you try to spring like a lamb!

☐ Done!



Float like a butterfly

A butterfly's wings are often so pretty,
They help them fly from a town to a city,
Can you spread your arms as far as they go?
Try it and flutter them fast or slow.

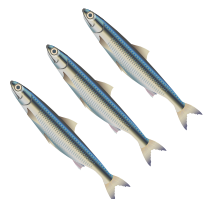
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How many times can you flap your wings in 30 seconds?



Sardines

Sardines is played like hide and go seek it's just as fun but with one little tweak. One person hides who everyone tries to find but instead of shouting their name you crouch down by their side. Soon you'll all be squished in one place like sardines in a tin you can even make it a race!



☐ Done!



Colouring

Remember that spring holds a lot of surprises like new flowers and leaves that come in all shapes and sizes. This beautiful park is yours to create so grab your colours and pencils there's no time to waste.



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