The fun wheel

- Do 5 star jumps
- Do 5-10 hops on one leg, then change legs
- Wiggle like a worm
- Dance to the song on the radio
- Skip on the spot for 2 minutes
- Strut like a chicken
- Do 10 bouncy bums
- Run on the spot for 2 minutes

Try this or this

Get whizzy with your Fun Wheel! It'll give you loads of ideas for fun stuff to do in the Summer holidays and help you get your 60 Active Minutes every day.
how to play

1. Pop the 3 discs out of the sheets of card. You only need 1 disc at a time to play, and there are different things to do on both sides.

2. The side you want to play with needs to be facing upwards. Put the disc onto the board by slotting it between the pointer and the base.

3. Now you’re ready! You can play with your family, by yourself, or with a few friends.

4. Decide who’s going first. Flick the pointer to make it go round and when it stops, it will be pointing at 2 activities. Now choose between them.

5. Get going and have fun!

When you’re doing these activities, please make sure you’re in a safe environment and, when necessary, with Mum or Dad or your carer.

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www.nhs.uk/C4Lholiday

*By entering this draw, you agree to be bound by the prize draw terms, which are set out on our website www.nhs.uk/change4life. Please read the terms carefully before entering the draw.