Attention all grown-ups:
find even more fun
activities online!

Each activity counts towards your child’s recommended 60 active minutes a day.

Want even more great games and healthy eating tips for them to try? Search Change4Life and try out our online fun generator with over 100 great activities to help them get up and about all summer long.

You can even share some of your own top tips for helping kids stay active and healthy, or learn what other grown-ups have shared so far. We’ll also find great competitions and offers.

Your child can use the stickers below when they’ve done an online activity.
It’s time to start your really big summer adventure

Attention all grown-ups: find even more fun activities online!

Each activity counts towards your child’s recommended 60 active minutes a day.

Want even more great games and healthy eating tips for them to try? Search Change4Life and try out our online fun generator with over 100 great activities to help them get up and about all summer long.

You can even share some of your own top tips for helping kids stay active and healthy, or learn what other grown-ups have shared so far. We’ll also hold great competitions and offer prizes!

Your child can use the stickers below when they’ve done an online activity.

Hooray! It’s summer and the holidays have begun. So it’s time to start your action-packed REALLY BIG summer adventure!

All you need to do is choose an activity every day, including one weekly challenge.

Most activities earn you a sticker to pop on your map. Each weekly challenge earns you a medal sticker to put on the map or wear on your t-shirt!

We’ve included instructions on how to do the activities, but if you need any help just ask a grown-up.

Oh, and if you want an online version of the map for yourself or a friend, ask a grown-up to find it for you; just search Change4Life. Have fun!