

12 Days of Christmas

Holidays Challenge



Are you up for completing the 12 days of Christmas Holidays Challenge? To be in with a chance of winning some great prizes all you have to do is take part in some physical activity on each day of the Christmas holidays, write what you did in the boxes below and send a picture of you on social media to [@movemoreshelf](https://www.instagram.com/movemoreshelf) and use the [#HealthyElfieSelfie](https://twitter.com/HealthyElfieSelfie)

1	2	3	4
5	6	7	8
9	10	11	12



Children and young people should be active for at least 60 minutes every day.

This challenge is designed so that families can stay active during the Christmas holiday period.

Why not be creative and add a Christmas theme!



For ideas on how to get active head over to www.sheffieldhealthyholidays.org



Days of Christmas Holidays Challenge



Draw a picture of you and your family being active this Christmas



Healthy 'Elfie Selfie' Challenge

Ask your parent or guardian to send us a picture of you being active or eating something healthy and post it on Twitter using the #HealthyElfieSelfie and be in with a chance to win EVEN MORE prizes.

Why not be creative and add a Christmas theme!

Christmas themed ideas to be active:

- Christmas Song - Danceathon
- Have a snow ball fight with socks - **ask permission first**
- Christmas Star jumps
- Winter Wellie Walks with the family - Go explore your local park/ green space
- Create your own Christmas themed activity challenge/ game at home
- Make a Healthy Christmas snack or meal

If you're getting active remember to drink plenty of water

