



# Make FESTIVE FITNESS PLACE CARDS

Help your family have some fitness fun after dinner!

## You need:

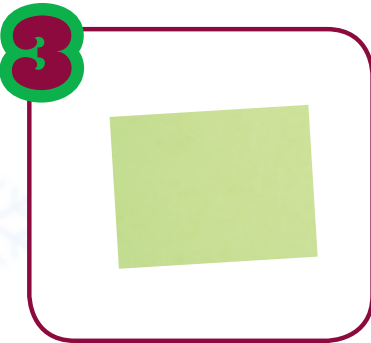
- some pieces of thin A4 card in different colours
- children's scissors
- felt-tip pens
- a glue stick
- an old magazine or Great Grub Club downloadable
- an adult to help



**1** Choose a piece of coloured card.



**2** Fold your piece of card in half then in half again. Open out then cut along the fold lines to make four smaller pieces.



**3** Fold one of the pieces of card in half along the long side so the card will stand up in a tent shape.



**4** Write the name of a person who will sit at your dinner table on the front of the card. Then cut out a picture to glue next to their name. You could use a picture of one of the Grub Gang from a Great Grub Club downloadable!



**5** Cut out some pictures of vegetables and fruits from an old magazine then stick them on the back of the card.



**6** Write a fitness challenge inside the card for the person to do once their dinner has gone down!



**7** Put the card on your festive table - then make some more for your other guests.

## More fitness challenges

- Hop on one leg for as long as you can
- Lead a people chain from room to room
- Jog to the bottom of the garden and back
- Walk up and down the stairs 10 times
- Do 10 star jumps
- Walk 100 steps
- Help clear the table!

When you are making up each challenge, think about the person who will be doing it and what they might be best at!