

THE GRANDPARENTS 15 MINUTE CHALLENGE



Family Fun & Activity at Home
#BeActive



DATE	ACTIVITY	COMPLETED
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Name: _____

Address: _____

ITS EASY

- RING YOUR GRANDPARENTS REGULARLY
- CHOOSE ONE PHYSICAL & ONE MENTAL ACTIVITY EACH TIME YOU CALL (IDEAS BELOW)
- HAVE FUN FOR 15 MINUTES
- FILL IN THE ACTIVITIES CHART
- WHEN COMPLETE TAKE A PHOTO AND EMAIL TO THE ADDRESS BELOW
- WE'LL SEND YOU A CERTIFICATE & SURPRISE
- REMEMBER TO ALWAYS MAINTAIN SOCIAL DISTANCING



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PHYSICAL

Find and stretch all of your muscles

Set a challenge for the number of steps in a day

Go for a walk

Do some gardening

Learn a dance

MENTAL

Draw your family tree

Talk about how important being active is

Find and show some old photos

Share a memory

Read a story (just before bedtime is the best)

PHYSICAL

Do the hovering

Do some chair aerobics (there's loads on youtube)

Teach & learn a new ball skill

Use the stairs twice as much as usual

Wash the car