

TOKYO TEN | 東京10



A 10-minute activity to get everyone moving!

MY WORKOUT:

10 Mins



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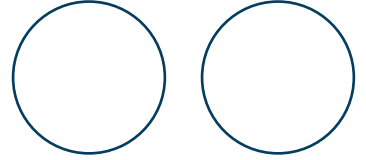
Write your own 5-step activity to do with your family and take into class! Remember to keep it under 10 minutes and make it fun!

Activity type

Home Away Indoor Outdoor

Equipment

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How to play



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Log your activity and find more Tokyo Ten activities and resources at getset.co.uk/travel-tokyo