

MY ACTIVE CHALLENGE

私のアクティブ・チャレンジ | WATASHI NO AKUTIBU CHARENJI

I like outdoor adventures!

Being outdoors is great for your health and wellbeing. Your body needs fresh air and natural light and being outdoors makes you feel happier. Even if it isn't warm and sunny, you can still get out and about!

Japan has many mountains so gets lots of snow in winter. A popular festival is the Sapporo Snow Festival, which takes place in February and includes outdoor activities and snow and ice sculptures.

This challenge helps you to **enjoy playing outside** during the autumn and winter.

What do I need?

You choose the equipment for your activity

30 Mins approx.



What should I do?

Warming up

1. Different weather can mean **new adventures**. What can you see, hear or do that is different because of the weather?
2. Check the weather and **choose the activities** below – or make up your own!
3. Set yourself a **challenge** to make it more fun.
4. Play with a **buddy** so you encourage each other to go out.

Taking part



Wet

- Walk in the park. How many colours can you see?
- Make an obstacle course of puddles. Can you jump or hop across them?

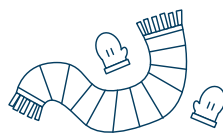


Windy

- Kick up the leaves in autumn. What sounds can you hear?
- Fly a homemade kite (make one from a plastic bag or paper). Can you keep it in the air?



Taking part



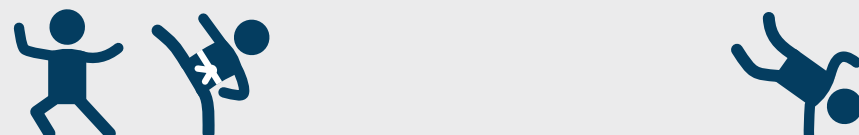
Cold

- Tuck a scarf into your waistband or pocket. Can you take other players' scarves before they take yours?
- Put a 'flag' (hat/glove) in each team or player's base. Can you capture their flag before they capture yours?



Snowing

- Throw snowballs into the other team or person's area. Can you fill their area while keeping yours clear?
- Keep rolling a snowball. Can you make the biggest snowball of all?



Cooling down

How do you feel after playing outside?



Aim to increase your effort level



Remember

- You can have fun whatever the weather!
- Increasing your effort will help you to keep warm!
- Share your adventures with your family and friends. Challenge each other!

In future

- Try to be outdoors for 30 minutes every day. This includes outdoor play and travel.



See the Tokyo Ten activity guides to give you some ideas:
<https://www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten>