

# KIDDO ACTIVE ADVENT CALENDAR

<p>Decorate your verge tree </p>	<p>Make a ninja warrior course at the playground </p>	<p>Climb a tree </p>	<p>Blow up a balloon and try keeping it in the air </p>
<p>How many times can you bounce and catch a ball? </p>	<p>Go to the beach </p>	<p>Go for a swim in a pool </p>	<p>Have a family dance-off </p>
<p>Run and roll down a hill </p>	<p>Put the sprinklers on and run under them </p>	<p>Go for a family bike ride </p>	<p>Visit a lake or river to see what wildlife you can see </p>
<p>Use some chalk to draw and play hopscotch </p>	<p> Scooter or ride down the footpath </p>	<p>Make up a throwing and catching game </p>	<p>Go for a walk to see the Christmas lights </p>



Improve your Move



Providing physical literacy programs and resources for parents, educators, teachers and coaches

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<p>Find a funny shaped leaf</p> 	<p>Try out a new playground</p> 		
<p>Make an obstacle course around your garden</p> 	<p>Meet friends and play your favourite tag game</p> 		
<p>Have a go at skipping with a rope</p> 	<p>Design your own target and throw balls at it</p> 		
<p>Make a card for a family member</p> 	<p>Make up a new tag game</p> 		