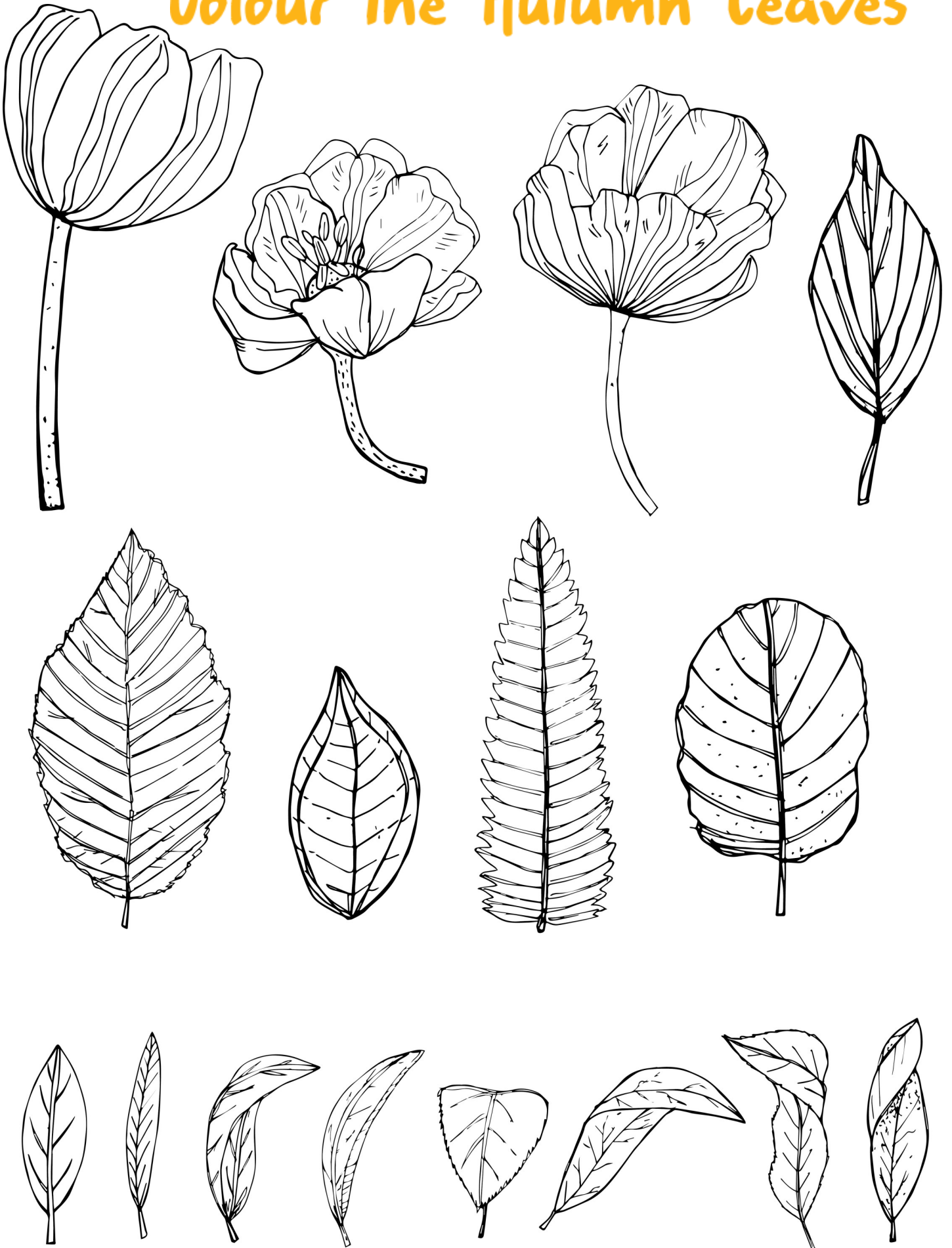


Autumn Activity Booklet

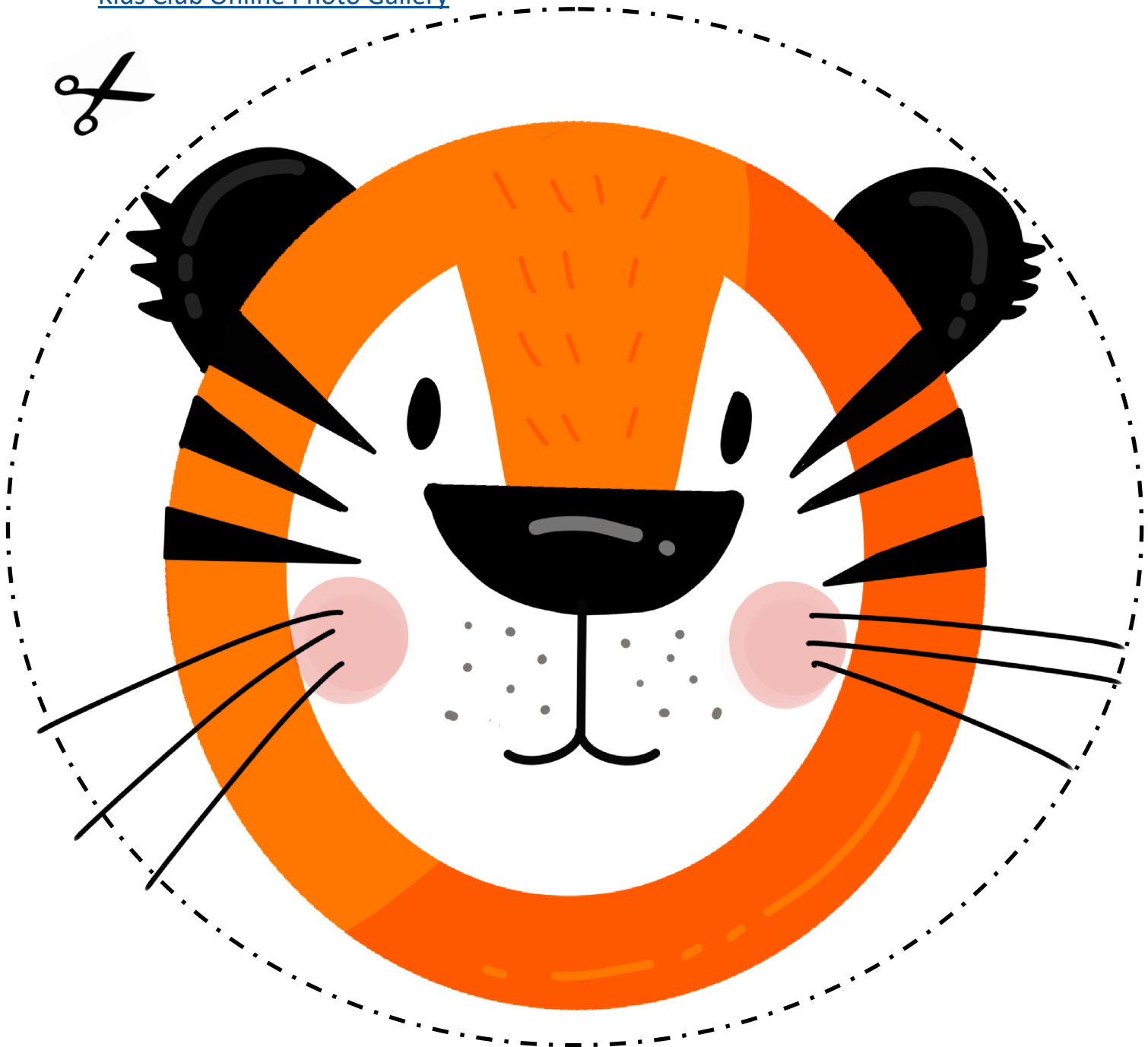


Colour the Autumn Leaves



Make a tiger mask

- Print or draw your own mask.
- Cut around the image. Cut out holes for your eyes, so you can see while wearing the mask.
- Stick the mask to cardboard to give it strength.
- Attach a stick to the bottom of the mask and hold in front of your face.
- Take a photo of yourself wearing the mask. You might like to share the photo on the [Kids Club Online Photo Gallery](#)



INDIANA JONES

snakes and ladders



Help Indiana Jones get to the pyramid. Climb the ladders if you can, but beware of the snakes!

To play—print out the snakes and ladders game on the next page or design your own template.

Each player has a counter and places it on the start square.

Each player rolls the dice and the highest number goes first.

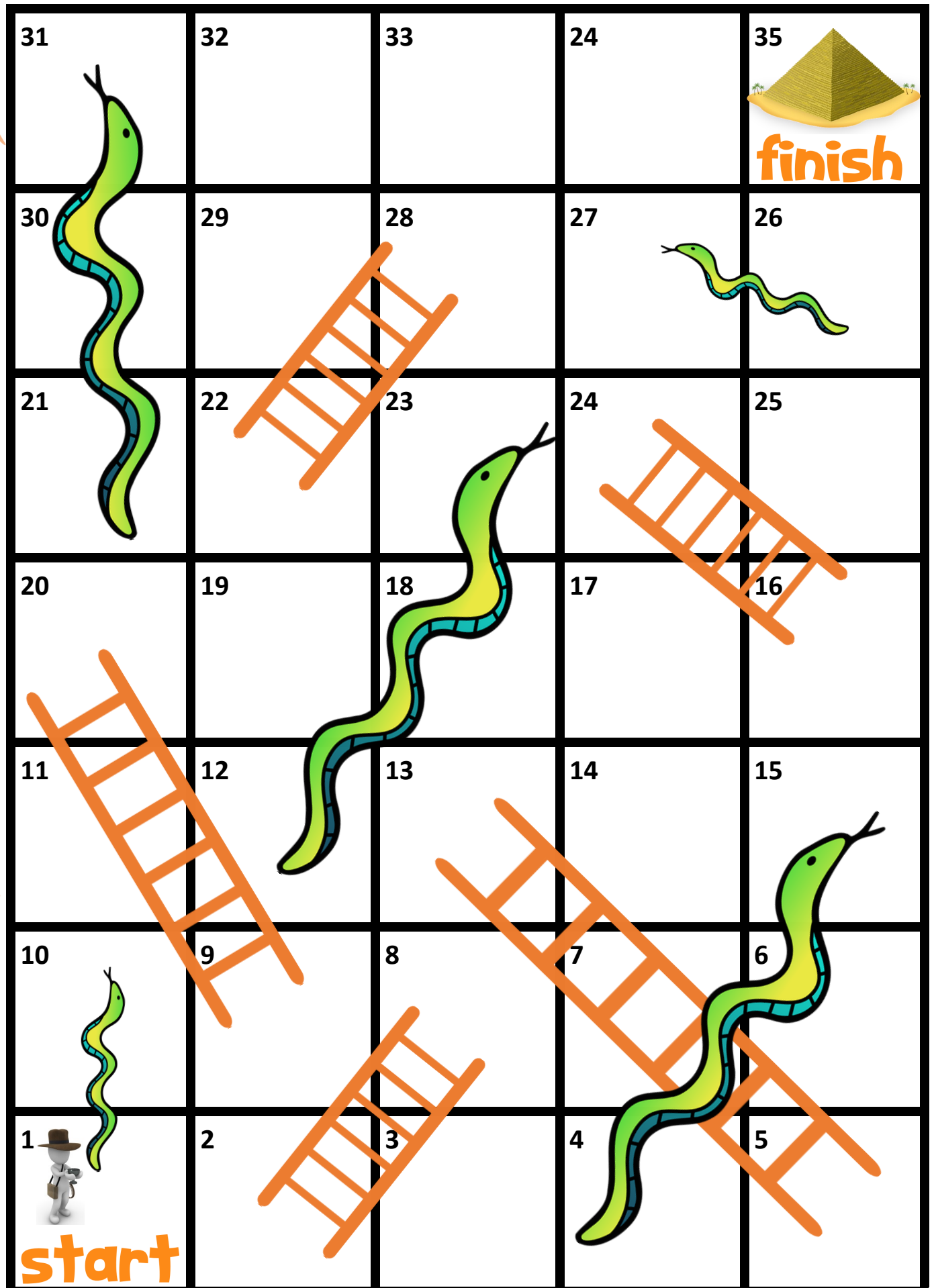
When it is their turn, each player rolls the dice and travels forward the number of squares shown on that dice ie 3. If you land in a square that has a ladder going up, you can climb the ladder and advance to the square at the top of the ladder. The player must then travel on from that square.

If a player lands in a square that has a snake head, that player must slide down the snake to the square containing the snake tail. The player must then travel on from that square.

First player to land on the finish square wins.

If you do not have a dice, search the internet for “dice template” and make your own.

Kids Holiday Activities



Get active this Autumn

14 Day Challenge

Choose from the list of activities and do one every day for 14 days. Mark off each day as you go. You might like some of the activities better than others, so feel free to repeat them. You might like to challenge yourself and do a different activity each day. The choice is yours.

1 2 3 4 5 6 7 8 9 10 11 12 13 14

Moving Fast

Get outside on your bike/
scooter/roller skates/
skateboard/roller blades



Running

Running races/running against
the clock/run around the
block



Moving Slow

Do some Yoga/Tai Chi



Skipping

Jump rope by yourself or in a
group

Up in the air

Jump on the trampoline/star
jumps/play leap frog



Stretching

Yoga/pilates/warmup
stretches/stretching regime/



Skills

Practise ball skills. Soccer/
tennis/football/netball/golf/
cricket,



Through the air

Paper planes/grip ball/
archery/zip line/frisbee

In the Studio

Just Dance/line dancing/
ballet/tap/hip-hop/dance like



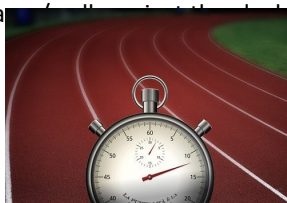
Walking

Walk around the
neighbourhood/walking
r



Up and Down

Get active with squats/
climbing stairs/burpees/salute
to the



Best Time

Beat your best. Choose an
activity & time yourself. Can
you beat your best time or
number or repetitions?

Circus skills

Learn to juggle. Use rolled up
socks or oranges or tennis
balls

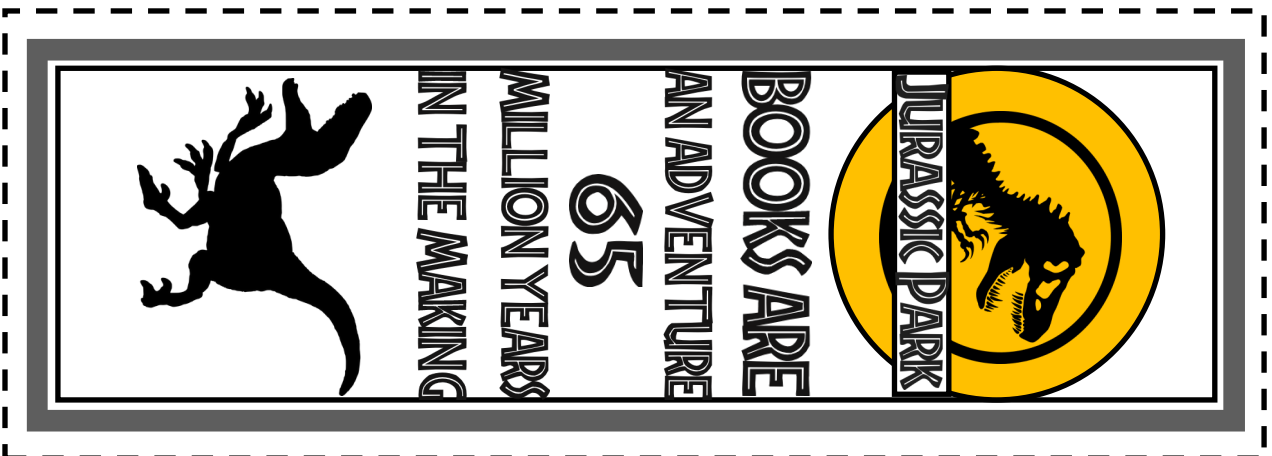
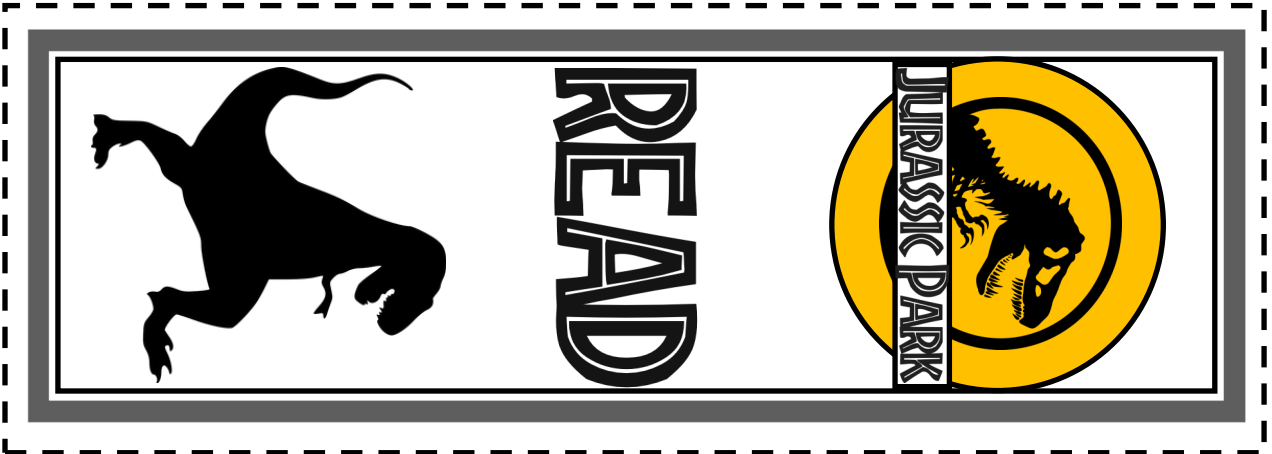


Autumn Olympics

Choose several activities to do
on one day. Time yourself or
compete against family/
friends



JURASSIC PARK BOOKMARK



Instructions:

- Print out sheet.
- Cut around both bookmark panels.
- Use glue or sticky tape to attach both sides together with images facing outwards.
- Now you have a double sided Jurassic Park bookmark!