



healthy holidays

ACTIVITY BOOKLET

GET ACTIVE, GET OUTDOORS



BARNSELEY MUSEUMS MAKES:

SCAVENGER HUNT

ALL
AGES

Can you use all your senses to take part in this scavenger hunt at Cannon Hall or in your outdoor space?



With an adult, can you find edible fruits, berries or herbs*?



Find 3 different shaped leaves

Can you find any flowers that smell?

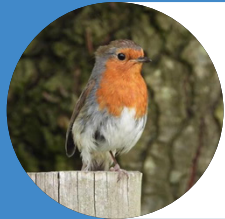


Watch carefully, can you spot a pollinator? This could be a bee, butterfly or other insect



What shapes can you see in the clouds?

*Never pick any fruit, berries or herbs unless you are with an adult who knows they are safe and always wash foraged fruits and herbs before eating them.



Listen. What birds can you hear? What do they sound like?

BARNSELEY MUSEUMS MAKES:

TWISTED BEASTS HEADDRESS

BEASTS, BEASTS EVERYWHERE!

John Malby's Angel and Lion Sculpture is a favourite in the Cooper Gallery. Why not make a Twisted Beast headdress inspired by the beasts you find in the Cooper Gallery to wear on your own hunt for the Twisted Beasts this Spring Bank Holiday?



YOU WILL NEED:

- Empty cereal packet
- Sticky tape, glue or double-sided sticky tape
- Natural objects - leaves, twigs to decorate
- Colouring pens, pencils or crayons
- Scissors



Open up your cereal packet and lay it flat. Using a ruler, draw a strip lengthwise which is 10cm wide and cut out.



Bend your strip so that it fits around your head and sticky tape it in place.



Decorate your headdress. Use leaves to create ears for your animal. Dock leaves make great rabbit ears.



Next, use your pencil or pens to create your animals nose, mouth or whiskers.



Make your animal features bold so that they stand out. You may find other natural things that you could also stick to your crown.

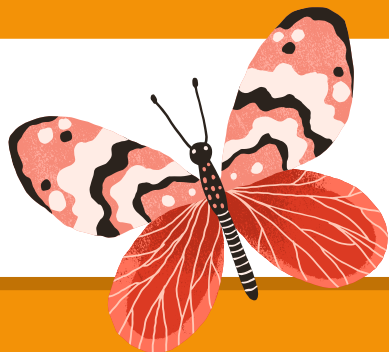


Think about the other animals and birds you could make as a headdress. How many can you think of?

BUTTERFLY WINDSOCK CRAFT WITH BARNSELY LIBRARIES

YOU WILL NEED:

- A toilet tube • String or wool
- Coloured paint and paintbrushes
- Coloured paper and tissue paper
 - Glue • Pens and pencils



1

Start by painting your toilet tube green. If you don't have any paint you can cover it with green paper or card. (Let the paint dry before continuing.)



2

Punch a hole at each side of one end of the toilet tube, you can use a pen or pencil if you don't have a hole punch.



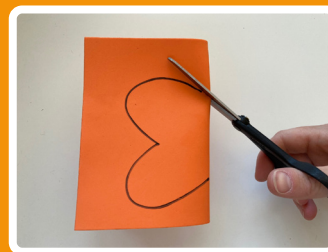
3

Feed your wool or string through both holes and tie it together to make a loop to hang your windsock.



4

Cut long strips of coloured tissue, and stick them inside the bottom of the toilet tube.



5

Draw a simple wing shape on coloured paper and cut it out. (You may need help with this.)



6

Cut the body out of a different colour and stick the body on top of the wings using glue.



7

Draw a face on your butterfly and decorate the wings - you can draw the patterns on yourself if you wish.



8

Stick your butterfly on to your toilet roll and you are done! Your butterfly is ready to dance in the breeze.

**BARNSELY
LIBRARIES**



We would love it if you could take a picture and share with us on social media using the hashtag #HealthyHolidays

Barnsley Libraries @BarnsleyLibs @barnsleylibraries

BARNSLEY LIBRARIES ARE NOW



WHY NOT CALL IN YOUR LOCAL LIBRARY? YOU CAN:

- Order and collect books for free, with no fines on late books
- Collect free craft bags over the half term holidays
- Take part in online activities such as lego club and code club, as well as stories and rhymes
- Get free access to online resources for children and teens, such as Theory Test Pro and Britannica
- Access free eBooks and eAudiobooks for children and adults, as well as free eMagazine

— BARNSLEY —
LIBRARIES



STICK FAMILY CHALLENGE

HAVE A STICKY ADVENTURE IN YOUR LOCAL GREEN SPACE

Get outside in a local green space or park, and explore the trees, paths, nature and countryside around you.

On your adventure collect some sticks. The sticks will represent members of your family, so choose smaller sticks for the children, and longer sticks to represent teenagers and adults. You could even use some tiny sticks for family pets.

1. At home put your family sticks in family order.

2. You can use craft materials like: blu tac, plasticine, string, pipe cleaners, sellotape, PVA glue, paper, tissue paper, wool, fabric, felt, glitter, stickers, felt tips, paints and crayons and googly eyes.

3. Use glue, plasticine, string, blu tac, pipe cleaners, sellotape or wool to hold the sticks together in the shape of the people and animals in your family.

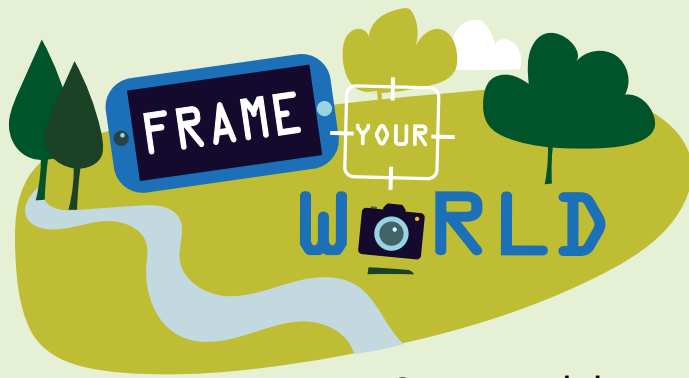
4. Decorate your sticks using all the materials you have available. Go wild with woolly hair, paper outfits and colourful clothing.

5. When you've finished, take a photo of your stick family. How does your new family portrait look? You can share your photos with us using the hashtag #HealthyHolidays on Facebook or Twitter.



 @btsbarnsley  @bts_barnsley  @btsbarnsley

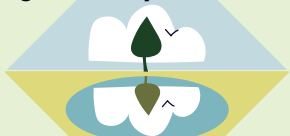
Visit beatthestreet.me/barnsley or email team.barnsley@beatthestreet.me



To inspire your journey, here are a few tips to discover a new way of looking at the world.

REFLECTIONS

Reflections are everywhere, including water, shiny metal and glass. Does the reflection change what you see?



Look out for surprising reflections in nature: can you see a puddle holding the sky in the ground?

CLOSE-UPS

Taking your camera closer to an object often reveals a hidden world which can go unnoticed. Perhaps a flower, an insect or a tiny part of a large object... can your friends and family guess what it is?

Capture and share your own unique view of the world at Wentworth Castle Gardens. Bring your curiosity and a camera to explore nature and history in a whole new way.

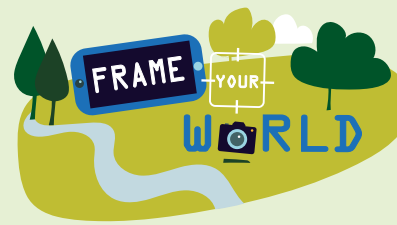
SHADOWS

Shadows created by the sun or a torch are great to play with - try creating your own fantastical shadow creatures. Remember, a simple background makes the shadows easy to see.



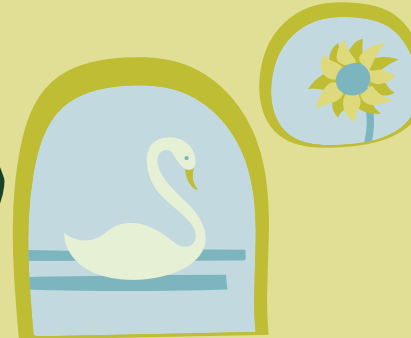
TEXTURES

Look for different kinds of surfaces and patterns, perhaps in nature or a wall. Usually, when light comes in from an angle, the texture is more visible. Try black and white photos: by removing the colour, the texture and shapes are easier to see.



FINDING FRAMES

Framing is a way of drawing attention to the main subject of your photo by blocking other parts of the image with something in the scene.



Try including a doorway, an arch or an opening in plants that frames your subject.

Turn your search for images into a scavenger hunt and complete 50 Things to Do Before You're 11¾, Activity No. 30 available at nationaltrust.org.uk/50-things-to-do. What will you capture with your camera?

SELFIES

Can you find new ways to take your selfie? Perhaps a wobbly reflection in a puddle or on a curved shiny surface. Try creating a selfie shadow or show just a part of your face peeking through leaves.



Do your family and friends recognise you?

Remember, sharing photos is a lovely way to get inspired, build confidence and learn new skills.

Share your photos at:
@ntwentworthcastlegardens
@barnsleymuseums



**NORTHERN
COLLEGE**

BARNSELY MUSEUMS



**National
Trust**

WORKING TOGETHER TO CREATE A PLACE FOR EVERYONE.

MAKE YOUR OWN TIME CAPSULE

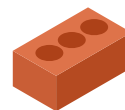
YOU WILL NEED:

- Things you've collected during lockdown
- Items you've made
- Photographs of memories
- Letters to your future self
- Something large enough to put it all in, like a container
- A spade to dig a hole

- 1 Find something big enough to house all your new treasures/memories. This might be a bottle or a box – it needs to be strong enough that it can be buried outside.
- 2 Collect together everything you would like to put in the time capsule. They could be things you have made together, photographs you have taken, letters or drawings you have made.
- 3 Remember you can put as much as you want in the capsule they are your memories for you and your family to be able to look back on.
- 4 Once you have put everything in that you would like to you need to make sure the capsule is sealed and ready to be buried in your special place. Make sure you're burying your capsule somewhere you're allowed to, such as your own back garden, and not on land that belongs to someone else.
- 5 Once you have dug your hole deep enough you can bury the capsule, you may need an adult to help you.

YOU WILL NEED:

- Drain pipe
- Leaves
- Sticks
- Twigs
- Weeds
- Petals
- Grass
- Bricks
- Anything you find in your garden like old slabs



We'd love to see your bug hotels. Share your photos with us using the hashtag #HealthyHolidays

1. Start to build together the things you have collected.

2. Start to fill your bricks and pipe with leaves, petals, grass and sticks.

3. Make your collection look like a hotel or house, you can add other bits into like a roof and pine cones

HAVE FUN CREATING YOUR HOTEL!

LOOKING FOR THINGS TO DO?

Our Barnsley Council Families Information Service can help.

Search Barnsley Family Service Directory to find out what's happening in Barnsley for families during the school holidays.

Check the Family Service Directory if you're looking for clubs, groups, activities, childcare, and support services at any time of the year.

Do you use Facebook? Like and follow our Facebook pages: Barnsley Families Information Service: top posts about what's happening, when and where, anything and everything childcare along with general family posts.

Visit our webpage to find out more:
fsd.barnsley.gov.uk



WHAT'S ON THE MENU?

MONDAY - PASTA BAKE

TUESDAY - SOUP AND A ROLL

WEDNESDAY - JACKET POTATO AND BEANS

**THURSDAY - PEPPER AND TOMATO PASTA
OR PASTA BOLOGNESE**

FRIDAY - CHILLI AND RICE

DID YOU KNOW...

Breakfast is the most important meal of the day.. what will you have?



It's important to eat 5 portions of fruit and veg a day. Tinned or frozen fruit and veg, as well as dried fruit and pulses such as lentils, all count towards this target.

6 grams is the maximum amount of salt you should have in a day - this is about a heaped teaspoon's worth. Try and reduce your salt by adding herbs and spices to your food for flavour.

It's important to stay hydrated - we should aim to be drinking 6 to 8 glasses of water a day.

If you eat meat, having a meat-free day once a week is not only good for your health but also the environment. Why not try meat-free Monday?

Switching from white bread, rice, or pasta to brown (wholegrain) can make huge differences to your health long term

When planning your meal it's good to think about making the meal balanced. The Eatwell Guide can help you to get a balance of healthier and more sustainable food.

TUNA PASTA BAKE



PREP: 5 MINS | COOKING: 40 MINS | SERVES: 4

INGREDIENTS

- 1 400g tin of chopped tomatoes
- 300g fusilli or penne pasta
- 2 132g tins of tuna (drained)
- 1 tin of sweetcorn (optional)
- Half a tablespoon of mixed herbs (optional)
- 75g mature cheddar cheese, grated (optional)
- Salt and pepper



MAKE ME VEGGIE/VEGAN

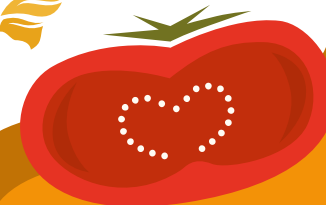
Swap the tuna out for peas, or add some chopped pepper. Roast your pepper beforehand for a different flavour.

METHOD

- Preheat the oven to 200°C gas mark 6. Cook the pasta in boiling water, following the instructions on the packet.
- When the pasta is cooked, drain it and add it back to the pan with the tomatoes, drained tuna and herbs. Mix well.
- Pour into a baking dish and cook for 30 minutes.
- Take out of the oven and sprinkle with the cheese (if using), and pop back in for 10 minutes until bubbling and golden.
- Take out of the oven and serve.




The FullCrumb Kitchen
Cooking with Surplus Food



HIDDEN VEGETABLE SAUCE RECIPE

This tomato sauce can be used for everything from lasagne to meatballs, tomato soup to spaghetti bolognese. It's also a great way of hiding veg for pickier eaters. Ideally, you will need a stick blender or liquidizer, but if you don't have those you can grate the veg or just chop everything small.



INGREDIENTS

- 2 tins of tomatoes (chopped, plum, whatever you have)
- 1 carrot, diced
- Half an onion, diced
- 1 pepper, diced

METHOD

- Add 1 tablespoon of oil to your pan and put on a low to medium heat. Add the onion.
- When the onion starts to soften, add the diced pepper and continue to cook for a

- further 2 to 3 minutes, taking care not to let them burn (if they start to brown, turn the heat down).
- Add the tinned tomatoes and cook on a medium heat until heated through. Take off the heat and blitz (if you have a blender) until smooth.
- **TIP:** You could try adding courgettes, roasted butternut squash, roasted sweet potato, garlic and even dried herbs such as basil, parsley or mixed herbs.



FRUIT SURPRISE

SERVES 2



INGREDIENTS

- 1 simply scrummy flapjack - golden oat
- 2 gogo squeez strawberry yoghurt pouches
- 1 banana (or fresh fruit of your choice)
- 1 mini pack of raisins

METHOD

- Break the flapjack up and place it in the bottom of 2

- clean glasses.
- Peel and slice the banana and layer it over the flapjack.
- Squeeze over a yoghurt pouch into each glass.
- Sprinkle over some raisins
- Pop in the fridge and serve straight away.
- **TIP:** Don't have much time? Just mix everything in a bowl and pop into glasses or bowls to serve.



PAN HASH

SERVES 4

INGREDIENTS

- 2 large potatoes (washed and chopped into 2cm cubes - no need to peel them)

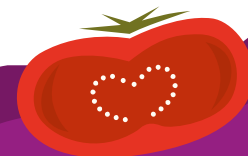
- 1 tin corned beef (empty and cut into 2cm cubes)
- 1 onion (roughly chopped)

METHOD

- Add the chopped potatoes to a pan of boiling water.
- Cook for around 5 minutes until the potatoes are just starting to soften (check with the tip of a knife.)
- Carefully drain the potatoes and put to one side.
- Add a tablespoon of oil to a heavy based saucepan or deep frying pan, add in the onions and stir until they start to soften and go golden in colour.

- Add in the corned beef and potatoes and stir everything together. Once the potatoes start to colour add a splash of water to the pan and cook for a few more minutes. Season with a little salt and pepper and serve.
- This goes lovely with toasted bread buns.
- **TIP:** Try adding in a tin of beans when you put the potatoes in to make this go further.

 The FullCrumb Kitchen
Cooking with Surplus Food



GET CREATIVE

There are some wonderful meals you can make from the contents of the box, all you need is a bit of imagination and creativity. Get stuck in and have a go.

- Red Pepper Soup (onions, carrots, peppers)
- Bread Bun Pizza's (bread bun, tinned tomatoes, roast peppers)
- Corned Beef Hash (pan fried potatoes, onions with beef (all chopped))
- Tin A Strone (corned beef, onions, peppers, carrots, pasta, tinned tomatoes)

MAKE THE MOST OF YOUR LEFTOVERS

Potato and carrot peelings are great for making your own crisps, simply sprinkle with some oil and roast in the oven until crisp. Try adding some spices like smoked paprika or even curry powder.

Leftovers can often be refrigerated and eaten the following day (make sure any cooked food is re-heated thoroughly.) You might even be able to freeze some portions for use on another day.



FLAVOUR SENSATIONS

Did you know? By cooking ingredients in different ways you can change the flavours and textures of food and get some amazing results. Here are a few ways you can cook the veg in your box.



**ROAST
PUREE
MASH
BOIL
STEAM**



**ROAST
STIR FRY
STEWED**



**FRIED
SAUTÉ'
ROASTED
BOILED**

NO EQUIPMENT?

Don't worry if you don't have the equipment. No rolling pin? Use a clean bottle filled with water. No pestle and mortar? Bash everything up with a heavy pan.

NOTE FOR PARENTS

- Why not try and involve the children in cooking? Even if it's preparing the vegetables or stirring the food, it helps them get used to being in the kitchen.
- If you have fussy eaters, even if they don't like a certain food they will still help to cook it, try and include at least 1 ingredient in the dish they like.
- It's ok to make mistakes in the kitchen, it's how we learn.

If you're getting stuck-in in the kitchen, we'd love to see. Share your photos with us using the hashtag **#HEALTHYHOLIDAYS**.



 **The FullCrumb Kitchen**
Cooking with Surplus Food



STAY AT HOME ACTIVITIES



BOWLING BATTLE

- Each player has 3 objects placed in front of them on a table or the floor
- Using a small ball, or item try and hit your opponents objects
- If you hit an object add 1 point to your score
- The winner is the first person to hit all the objects or has the highest score after 5 minutes

EQUIPMENT

- No equipment? Not a problem!
- Ball - small balls, rolled-up socks, shuttlecock, bean bags - make your own with pasta/rice
 - Target - cones or plastic cups, tins, toilet rolls, anything

BACKYARD GOLF

- Create a golf course in your back garden or in a room in your house with 3 - 5 'holes'
- Kick, throw, push your ball or object towards your hole
- Keep a count of how many times you touch
- Why not play the holes again and see if you can get a lower score?

EQUIPMENT

- No equipment? Not a problem!
- Balls - small balls, rolled-up socks, shuttlecock
 - Hole - cones or plastic cups, tins, toilet rolls can be used for your golf hole

SEATED VOLLEYBALL

- Using a towel or cushions mark out your 'net' on the floor
 - Hit the ball over the net to your opponent
 - Try and keep the rally going for as long as you can
- What's the highest score that you can get?

EQUIPMENT

- No equipment? Not a problem!
- Ball - small balls, rolled-up socks, shuttlecock, bean bags - make your own with pasta/rice
 - Why not try it with a balloon?

GOAL KEEPERS

- Using 4 cushions, create 2 goals
- Sit between your goal and use a ball or something similar to push or throw towards your opponent's goal
- The aim is to score past your opponent
- The winner of the game is whoever has scored the most after 3 mins

EQUIPMENT

- No equipment? Not a problem!
- Ball - small balls, rolled-up socks, shuttlecock
 - Goal Posts - pillows, plastic cups bottles

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STAY AT HOME ACTIVITIES



OBSTACLE COURSE

- Mark out an obstacle course to challenge you and your family
- Can you make zig zags, hurdles, tunnels? Be creative
- Get from 1 side to the other in the quickest time. Can you beat your score or challenge your family to see who wins
- Too easy? Add more obstacles

EQUIPMENT

No equipment? Not a problem!

- Obstacles - cones, pillows, bottles, towels, cushions, toys, DVD cases ANYTHING!



CLOCKWORK DARTS

- Create a dart board made from paper or anything you have on the floor (make sure you mark out the numbers)
- Using a ball, throw push or roll to hit your dart board
- Aim to make your way round the board hitting the numbers in order (1-2-3-4 etc)
- After reaching 20 hit bullseye to finish

EQUIPMENT

No equipment? Not a problem!

- Dart - small balls, rolled-up socks, shuttlecock



BOCCIA

- You will need 1 Jack (different coloured ball or rolled up pair of socks), roll or place the 'Jack' out in front of you
 - Each player has 6 balls
 - Players must be seated when playing this game
- The player who rolls/throws their ball closest to the Jack wins

EQUIPMENT

Items you can use for today's activity

- Ball - small balls, rolled-up socks



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ACTIVITY CARDS

THE FLOOR IS LAVA

HOW MANY CAN TAKE PART:

2+ 

WHERE THE ACTIVITY CAN BE PLAYED:



Home



Garden



Street



Park

HOW TO PLAY

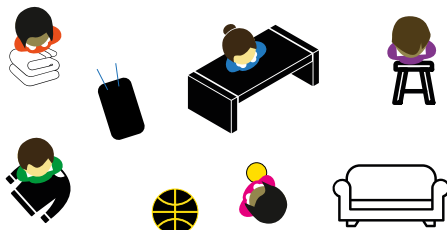
Choose 1 player to be the tagger. This player must have the ball. The remaining players start standing on an object of their choice. The aim of the game is to stay away from the tagger. This can be achieved by moving from one object to the next without touching the floor. The tagger can tag a player by touching them with the ball. Once tagged, you are the new tagger.

Be creative with new rules, such as time limits on different obstacles, or moving in different ways between objects.

YOU WILL NEED:

- Small ball or rolled up socks
- Objects that can be stood on:
Towels, Jumpers, Furniture

HOW TO SET UP:



ACTIVITY CARDS

MINE SWEEP

HOW MANY CAN TAKE PART:

2-6 

WHERE THE ACTIVITY CAN BE PLAYED:



Garden



Street



Park

HOW TO PLAY

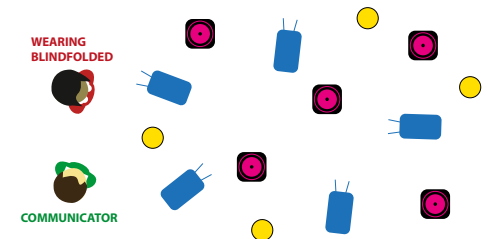
Using a clear space in the room or garden place items on the floor. 1 person wears a blindfold and the other helps to guide them through the area using spoken directions, to avoid them touching any of the items. If you hit an obstacle, start again. Time how long it takes to get through the area.

A great communication game. Think up more challenging courses - add challenges at set points (doing an activity blindfolded). Film attempts using your phone or camera.

YOU WILL NEED:

- Any items (between 5-15)
- Blindfold

HOW TO SET UP:





ACTIVITY CARDS

AROUND THE WORLD

HOW MANY CAN TAKE PART:

5+ 

WHERE THE ACTIVITY CAN BE PLAYED:

 Garden

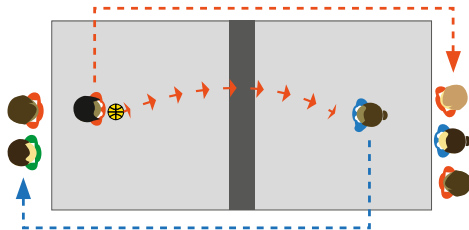
 Street

 Park

YOU WILL NEED:

- Ball (any shape or size)
- Markers for net and playing area

HOW TO SET UP:



HOW TO PLAY

Split the number of players in half, either side of the net. Play starts with all players at the baseline, in an order. The aim is to catch and kick the ball from one side to the other. Once a player kicks the ball over the other side they run to the other side and join the end of the other line. There are no outs! Every time the ball is kicked out of the area, not over the net or not caught cleanly that player gains a point. The player with the least points at the end is the winner.

A good co-operation game. Good for mental maths (keeping your score) or take turns in being a score keeper with a tally chart.



ACTIVITY CARDS

SPIN THE BOTTLE RUN!

HOW MANY CAN TAKE PART:

2+ 

WHERE THE ACTIVITY CAN BE PLAYED:

 Home

 Garden

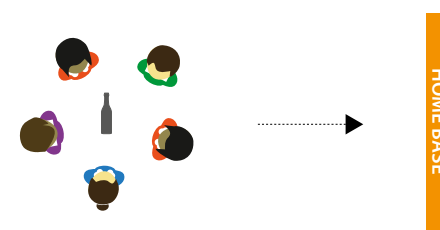
 Street

 Park

YOU WILL NEED:

- A plastic bottle
- Rolled socks, small balls or water balloons

HOW TO SET UP:



HOW TO PLAY

Stand in a circle. Take turns to spin the bottle on the floor. If the bottle lands on you, you become the 'thrower'. Everyone else has to run to safety. The thrower will try to hit those running with a ball. The ball can only make contact to the shoulders or below. If you are hit you gain 1 point. The winner of the game is the player with the least points.

Rather than have a home base, be creative with the "hit zone"... maybe have multiple rings around the thrower... the thrower gets more points if they can hit someone in the outer rings.



ACTIVITY CARDS

CROSS BAR CHALLENGE

HOW MANY CAN TAKE PART:

2+ 

WHERE THE ACTIVITY CAN BE PLAYED:



Garden



Street

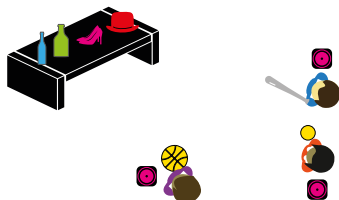


Park

YOU WILL NEED:

- Empty plastic bottles or plastic cups
- A wall, bench, table or goal
- A ball or rolled up socks and/or a Tennis racket
- Objects to use as markers

HOW TO SET UP:



HOW TO PLAY

Stand the items along the wall, bench, table or goal. The aim is to knock the items over by throwing, hitting or kicking a ball. Each time a player hits an item they gain a point and take a step backwards.

The winner is the first person to knock all the items over.

A great exercise in equity and self-improvement: the winner of each round begins the next one 2 steps back from their original start position, the loser 1 step closer. Self-improve and compete from a starting point that reflects individual skill levels.



ACTIVITY CARDS

DODGEBALL TAG

HOW MANY CAN TAKE PART:

2+ 

WHERE THE ACTIVITY CAN BE PLAYED:



Garden



Street

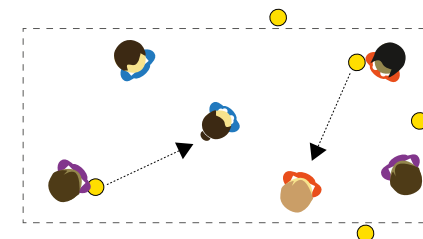


Park

YOU WILL NEED:

- A number of soft balls or rolled up socks
- Objects or cones as markers

HOW TO SET UP:



HOW TO PLAY

In the marked out area, the aim is to throw the ball and hit the other players while dodging their shots. Each player gets 10 lives, every time a shot hits (shoulder and below) the player loses a life. All players must stay inside the area when playing. You can go out of the area to collect the balls.

Creative way to build empathy. If 1 player is really bad at dodging, the players can agree to give them more lives. Change scoring for players who are struggling, for example, each hit counts double. Good for mental maths.



ACTIVITY CARDS

IT'S IN THE RHYTHM

HOW MANY CAN TAKE PART:

4+

WHERE THE ACTIVITY CAN BE PLAYED:

Home

Garden

Street

Park

HOW TO PLAY

Use the rhythm of skipping to practice multiplication tables, starting with the 2 xs table. See how far they can get without making a mistake. Top tip: If you have more than 1 child, you could ask a multiplication question, like 5×5 and the winner is who can skip the answer correctly or fastest.

A wonderful opportunity to improve mental maths skills. Forcing your brain to multi-task is a great core strength improvement activity in itself.

YOU WILL NEED:

- Skipping rope

HOW TO SET UP:



ACTIVITY CARDS

PAC MAN

HOW MANY CAN TAKE PART:

4+

WHERE THE ACTIVITY CAN BE PLAYED:

Home

Garden

Street

Park

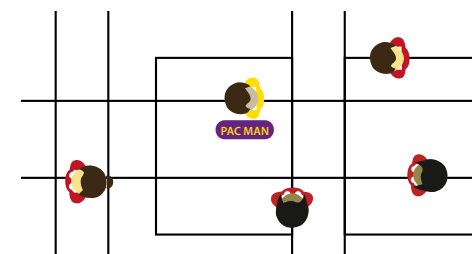
HOW TO PLAY

Using chalk, make a grid with straight lines, some crossing or joining. 1 player is 'on' (Pac man) the rest are 'apples'. The 'apples' place a tea towel or t-shirt in their pocket so it hangs out. The aim of the game is for all the 'apples' to travel along the lines of the grid and stay away from Pac man. In order to tag people, Pac man must pull the tea towel or t-shirt out of the 'apples' pockets. If you have been tagged, you become Pac man and the old Pac man becomes an 'apple'.

YOU WILL NEED:

- Tea towel or t shirt
- Chalk

HOW TO SET UP:



Go to the website:
network.streetgames.org/coaching-life-skills
Or scan QR code

BARNSELEY'S FANTASTICAL BEASTS

Explore Barnsley town centre at half-term and find 8 giant willow 'beasts' inspired by local legends.

Follow the free trail starting at the Town Hall and discover...

**Unicorn • Kestrel
Whale • Gryphon
Bear • Elephant
Big Cat • Lion**

BONUS

Head to Metrodome for a special 'Bonus Beast' from the deep blue sea!

Download a map and your special Fantastical Beasts Card Game at

WWW.BARNSELEY.GOV.UK/EVENTS



**SAT 29 MAY
TO
SUN 13 JUNE**

FREE EVENT

**BARNSELEY
TOWN CENTRE**



Discover
Barnsley with

**Beat
the
Street**

10 June – 22 July 2021



**Join the fun, free game
and play with all the family**



How far will you go? Visit beatthestreet.me/barnsley to find out more, including where to pick up your free player card.

Beat the Street is COVID-19 safe

Played outdoors individually or in household or class bubbles, Beat the Street is safe, contactless, and the perfect way to exercise and have fun whilst maintaining social distancing.



**LOVE BARNSELEY
TOWN CENTRE**
Be Proud. Be Barnsley.



Beat the Street is funded by Barnsley Metropolitan Borough Council, Sport England and the National Lottery, and is being delivered by Intelligent Health.



BEAT THE STREET - GET ACTIVE

GET OUTSIDE CHALLENGE

Before going out on a walk, make a list of all the things you might see with a few unusual ones and use your adventurers checklist to tick them off. Can you tick them all?

Play Backyard Basketball. Get a bucket or a bin and a ball and see how many times you can get the ball in the bucket. Take a step back after each successful shot and see how far away you can get from the bucket.

☐

How many Keepy Uppys can you do? You can use a bat and a ball, your hand, your foot and even a rolled-up sock if you don't have a ball. Get creative and use a book or a frying pan as a bat.

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Can you mark out and play Hopscotch? If you are not sure ask an adult if they know how to play.

☐

Watch out, if someone shouts 'shark attack' you need to get off the floor. This is great to play in the park to see how creative and quickly you can find something to climb or jump on.

☐

Have you tried to do the handstand wheelbarrow? Your hands go on the floor and your legs go in the air with someone holding them. How far can you get before falling over?

☐

Den Building. Whether it's in the woods or in your back garden dens are really cool. Build your den and see who can fit inside. Is there enough room to read or play games?

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With the help of an adult, can you take a photo or video of you and your family completing your challenges? Share them with us using #HealthyHolidays.



'Active in Barnsley'



@BarnsleyMoving

Check out the Healthy Holidays website for more activities and recipes to keep you busy
barnsley.gov.uk/HealthyHolidays