

## Christmas challenge!

Can you complete all five parts of the  
Back to Basics 'flower' over the  
Christmas Holiday?

**Be Active** .... Go for a muddy stomp? Everyone follow a  
fitness session on YouTube?!

**Give**.... Some old toys to someone  
else?...Lots of hugs?...Your family a  
helping hand with jobs?

## Have fun trying!

Every time you do, colour in a holly leaf!

Bring back to school to share what you've  
achieved together!

**Learn**....the rules for a new  
game?...A fascinating fact  
about a relative?

**Notice**....how you feel when  
someone smiles?... what the  
weather is like?...Christmas  
lights?...

**Connect** .... With family and friends?...with  
yourself?—have some time to do some-  
thing you like! Write a thank you card?

Name and class: \_\_\_\_\_

