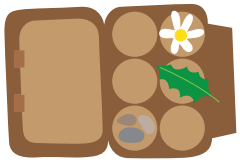
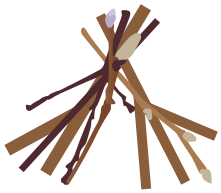
Beat the Bug Spring Challenge Week 1

Beat the Bug

Join the **Beat the Bug Spring Challenge Week 1** for children and their grown-ups, running from Saturday 11 April – Friday 17 April. There are 14 indoor and outdoor challenges. To receive your certificate complete at least 7 and email us at **team@beatthebug.me** to let us know which ones you've done. Let's get active, learn and most of all have fun. Good luck!

Day	Indoor Challenge	Outdoor Challenge
1 **Sat 11 April**	**Fun science in your home** Watch live at 10am. **www.glasgowsciencecentre.org/gsc-at-home**	**Sounds in nature** Cup your hands around your ears and stand like a silent statue for 1 minute. What can you hear?
2 **Sun 12 April**	 **Make bunny ears** Use a cereal packet and jump around like a rabbit.	 **Wild treasure hunt** Take an empty egg box and use the slots to place your treasure!
3 **Mon 13 April**	**Osprey tune in** Live footage of an Osprey nest! **https://bit.ly/2yzMRZo**	**Make a leaf crown** Use scrap cardboard and scrunchy leaves. Give it to your hero.
4 **Tue 14 April**	**Interview an older person** Find out about when they were your age, it could be a grandparent or neighbour. Do it by phone or over Zoom.	**Join Farmyard Yoga** Live on Facebook at 4pm. What animal will you be? **facebook/beatthebug1**
5 **Wed 15 April**	**Sing a rainbow in Makaton** Watch our video to help you learn. Teach it to someone else. **https://bit.ly/2XITZ67**	**Climb a mountain without leaving your garden** – get moving with this fun challenge! Challenge someone! **https://bit.ly/2wuVVye**
6 **Thu 16 April**	**Roar like a lion and stomp like an elephant** Join ZooTastic Yoga – live on Facebook at 1pm. **facebook/beatthebug1**	 **Make a mini den** Use twigs and sticks. Who lives inside?
7 **Fri 17 April**	 **Fun family workout** Join our Fitness Instructor, Harriet, for a workout at 4pm. **facebook/beatthebug1**	**Nature is full of great opportunities** Turn natural objects into musical instruments. **https://bit.ly/39UjI8i**

Thanks to our friends at **Fat Frog Yoga**, **Glasgow Science Centre**, **The Wildlife Trusts** and **Youth Sport Trust** for sharing their amazing activities with us.

To see the challenge online visit **beatthebug.me/spring-challenge**
#beatthebug #stayinworkout