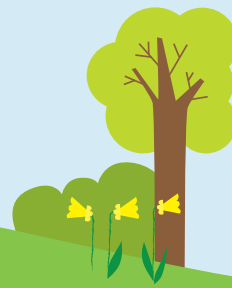




Beat the Bug Spring Challenge Week 2



Beat the Bug

Join the **Beat the Bug Spring Challenge Week 2** for children and their grown-ups, running from Saturday 18 April – Friday 24 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 18 April	Play hopscotch Create hopscotch in your home and complete one of Beattie's challenges. www.beatthebug.me/spring-challenge	Wild art Make a work of art from natural materials. Lay them out on the ground to create a picture.
2 Sun 19 April	 Explorer games Can you help turn tadpoles into frogs? Or help the navvies dig trenches? Complete an activity in the game zone! https://bit.ly/2RCTQYr	Magic Smelly Potion Use a pot to collect things to make a potion! Mix with mud and water and give your stinky potion a name.
3 Mon 20 April	Keep fit workout for the family Join our Fitness Instructor at 4pm for some fun activities you can do at home as a family to get your heart rate up! facebook/beatthebug1	Journey Stick Find a stick and as you walk around and tie things you find on to it.
4 Tue 21 April	All aboard! Put your train driving skills to the test in this puzzle. Can you get the train driver back to the station? https://bit.ly/2z3mZ8D	 Become a tree spotter Become a tree detective! Take this spotter guide on your next walk and identify the trees in your local area. https://bit.ly/2K8MEyQ
5 Wed 22 April	Be a town detective Find out about where you live. Ask an older person how your town got its name. What's the most famous thing about the area?	ABC animal yoga Join ABC animal yoga - live on Facebook at 4pm facebook/beatthebug1
6 Thu 23 April	Post a hug Draw or paint a hug and send it to someone you care about in the post. www.beatthebug.me/spring-challenge	 Daily birdsong Listen to birdsong and find out fascinating facts like why birds sing. https://bit.ly/34Hh9FB
7 Fri 24 April	 Fun family workout Join our Fitness Instructor, Harriet, at 4pm for a fun family workout to get your muscles working! facebook/beatthebug1	Make a Bee B&B Help give bees a place to live by making your very own bee hotel. https://bit.ly/2z0Led

Thanks to our friends at ScotRail, RHS, Canal & River Trust, RSPB, Nature Nurture and Fat Frog Yoga for sharing their amazing activities with us.



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