


Beat the Bug Summer Programme



Beat the Bug is here to keep the kids busy this summer! Complete the tasks for each day of the holidays and colour in one of Beattie's pawprints as you complete them. We've put together a suggested calendar but you can complete them in any order, on any day.



July						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			23 Create your own nature journal to record what you see on walks https://bit.ly/3j3bpwP	24 Have a game of hopscotch https://bit.ly/2OktecC	25 Go rockpooling at the beach or pond dipping at the park	26 Press flowers https://bit.ly/2B1RWLQ
27 Paint some stones and leave them for people to find	28 Have a game of 40-40 In https://bit.ly/2DDMTSA	29 Design and complete an obstacle course - challenge your family!	30 Paint a picture of something you can see in your garden or park	31 Go on an adventurer's hike! Climb rocks & tree stumps, march up a hill	August	
3 Want to be a scientist? Create your own exhibition https://bit.ly/2DI9Bcr	4 Have a go at Beat the Bug Sleepy Lions Bedtime Yoga https://bit.ly/2CvI6Cn	5 Love Disney? Get moving with two 10 minute shakeup exercises. https://bit.ly/3iZP8zT	6 Make a den	7 Have a night under the stars. What can you see? Learn more https://go.nasa.gov/3iVytXk	8 Create a trail using sticks & stones and leave a message, ask family/friends to follow it	2 Learn about volcanoes by making your own & starting an eruption! https://bit.ly/2ZsYAUB
10 Create a nature sculpture using things you find outside	11 Race with your friends or siblings in the garden/park. Who is the fastest?	12 Create a mini-wildlife pond https://bit.ly/3eKdZVT	13 Go cycling, walking or scooting somewhere new	14 Plant some seeds, water them and watch them grow	15 Hold your own sports day! https://bit.ly/38TTuE2	9 Want to study mini-beasts? Make a tumble trap https://bit.ly/3fu7c30
17 Have a game of Pooh sticks at a nearby stream	18 Turn up the music and dance around the house for 5 minutes!	19 Have a camp out! Put up the tent and sleep under the stars	20 Create a light trap to watch moths https://bit.ly/30bHhqi	21 How many keepy-uppies can you do in a minute? Keep trying to beat your record!	22 Do a random act of kindness. Can you do something nice for a loved one? Surprise them!	16 Head to a nature reserve and follow a nature trail! What can you see?
24 Pick your favourite book and read under a tree	25 Make a bird feeder https://bit.ly/31zyMYj	26 Complete a Beat the Bug family workout https://bit.ly/3j7ze6s	27 Craft a mini boat using paper or sticks and string to set sail at a stream	28 Try the Youth Sport Trust's Around the World Challenge https://bit.ly/3iZ9ol8	29 Make a leaf crown or pair of fairy wings using card and flowers & leaves to decorate	23 Can you earn a Blue Peter badge? There are loads to have a go at earning! https://bbc.in/3gVT2YK
September						
31 Plan your own triathlon - maybe cycling, skipping & sprinting. Challenge your friends	1 Create paper decorations & decorate a tree	2 Make a nature collage	Well done on completing our summer programme. Back to school! Have a good term.			

