

Hopscotch Wellbeing Challenge

Hopscotch improves your balance and co-ordination. It will also enhance muscle strength whilst having fun with friends and family. This hopscotch challenge is about your wellbeing. Each square has a wellbeing challenge that when you conquer that square on it you need to complete the challenge. The game can be played together with family or friends or on your own.

Start by practicing your balance, stand with your feet together raise your arms to your sides and lift one leg off the ground keeping your stomach muscles tight. Hold. Try the other leg now.

Slowly hop up and down, trying to keep your balance, try the other leg now.

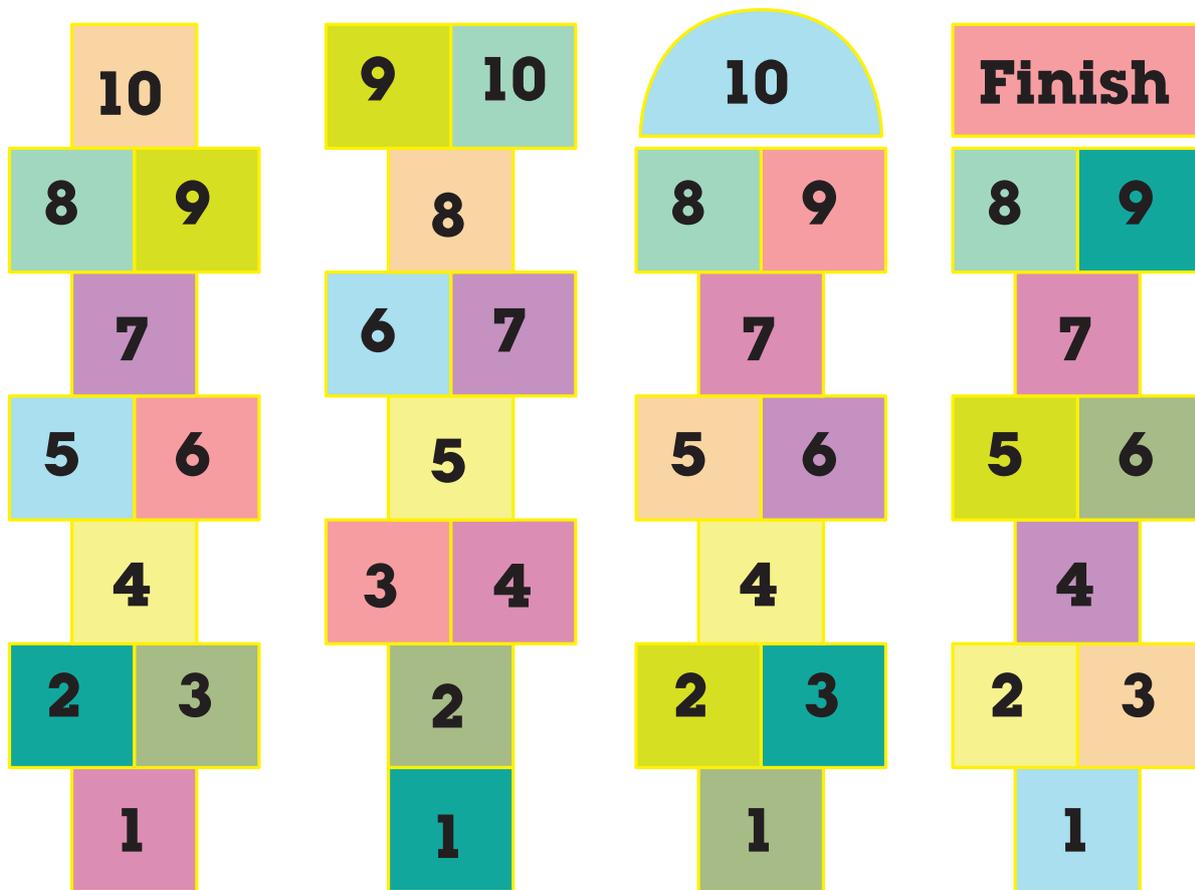
On one leg, slowly bend over and touch the floor keeping your knee slightly bent to help you down

Now you are ready to play hopscotch.

What you will need:

- A spacious area, such as a playground, back or front garden or large path, to draw your hopscotch grid.
- Chalk for drawing your grid
- Markers – these could be small flat stones, pebbles, or a flat beanbag that you can step on without hurting your feet

Here are some ideas of how you might draw your grid:



Each number will represent a wellbeing challenge for you, for example, your wellbeing challenges could be:

1. Make an obstacle course
2. Nature walk
3. Climb a tree
4. Kick a ball
5. Roll down a hill
6. Make a hideout
7. Pick some flowers
8. Do jumping jacks
9. Go swimming with a family member
10. Ride a bike
11. Watch the birds
12. Draw the clouds
13. Take 5 deep breaths
14. Name one thing you can smell, two things you can hear, three things you can see and four things you can touch

Pick 10 challenges that best suit you and write down which number matches the challenge.

You are now ready to play!

The aim is to toss a marker into the hopscotch squares in sequence, hop through the squares, and collect the marker while hopping back.

- Throw the marker into the first square, ensuring it lands within the square, not touching the lines.
- Now hop directly to the second square, skipping the first square they threw in the marker.
- Continue to hop through the rest of the squares from 1 to 10, following the numbered sequence. Single squares should be hopped on, and double squares or side squares should be jumped into with one foot landing in each square.
- On reaching the last square, you hop and turn around. Then continue to hop back through the hopscotch squares in the reverse order.
- Pause on reaching the square before the one that has their marker in it. This will be the second square you have thrown your marker in the first square.
- Bend over and pick up the marker in the first square, while still in the second, and hop out, again skipping the first square.
- With square one conquered, you now have to do your wellbeing challenge that matches that number.
- You can now attempt to conquer square two by following the same steps, and the game goes on.

Some of the wellbeing challenges you will be able to do right away, e.g. jumping jacks, some you will have to wait until a parent can do it with you e.g. swimming.

Have fun and remember to keep doing things to support your wellbeing!