

#ActiveFamiliesSTW

Physical Activity | Mindfulness | Healthy Eating

For families with primary-age children

1. Active kids



[Active Kids Move Crew](#)

2. Tree explorer



[Tree explorer](#)

3. Family fit



[Couch to Family Fit](#)

4. Cosmic kids



[Cosmic Kids](#)

5. Scavenger hunt



[Scavenger Hunt](#)

6. Let's dine



[Let's dine](#)

7. Family activities



[YST Active Families](#)

8. Disney dances



[Disney Dance-alongs](#)

9. Forest bathing



[Forest Bathing](#)

10. Skipping man



[Dan the Skipping Man](#)

11. Den building



[Den building](#)

12. Sugar swaps



[Change 4 Life Sugar Swaps](#)

13. Fun athletics



[Funetics](#)

14. Get kids moving



[Get Kids Moving](#)

15. Cook together



[Cook Together](#)

16. Colouring fun



[Mindful colouring](#)

17. Our landscapes



[Learning & landscapes](#)

18. Ready set ride



[Ready Set Ride](#)

19. 1km a day



[Family 1k per day](#)

20. Listening



[The Listening Game](#)

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Getting **Hearts** Beating Faster
energize
Shropshire, Telford & Wrekin Active Partnership