

the really big summer adventure



At Change4Life we are always on the lookout for new and innovative ways to get children and families active and eating more healthily, especially over the holidays when it can be difficult for them to get their daily **60 active minutes** without their usual timetable of school sport and games.

To kick-start the adventure, we would love all primary schools in England to run a really big summer adventure session as part of their end of term activities. To help teachers do this we have developed a teacher resource booklet with suggestions for how schools can take part. This will be delivered to schools from the **6 June** via the School Fruit and Veg box.



the really big summer adventure will take children and their families on a six week journey with the really big summer adventure map to guide them. Jam-packed with enough activities for the **WHOLE** of the summer holidays, children can use the map to pick and choose activities each day, complete a challenge each week and along the way create their own personal really big summer adventure.



We also hope that teachers will give out the really big summer adventure maps to all children in years 3,4 and 5. The maps will be arriving in schools in a Change4Life box from the 4 July, again via the School Fruit and Veg box.

the really big summer adventure also marks Change4Life's return to television screens and you'll be hearing about this exciting campaign in newspapers and at the supermarket.

Also, don't forget to check out the [Change4Life website](http://www.change4life.co.uk), where you will find toolkits and downloadable resources.

