

JOIN IN OUR ACTIVITIES IN ISO

SECOND EDITION

HOW MANY POINTS CAN YOU GET?



CUT THE CARDS OUT



PASTE ONTO CARDBOARD



COMPLETE THE ACTIVITIES



ADD UP YOUR POINTS

3 POINTS

BUILD



Build a fort with sheets or blankets. Can you make extra rooms?

5 POINTS

DRAW



Visit the Australian Botanic Gardens Shepparton. Climb to the top of Honeysuckle Rise and lookout over the treetops. Draw a picture of your view.

4 POINTS

RIDE



Lookup the Cycle in Greater Shepparton Guide to find a new bike path to go on a family bike ride.

6 POINTS

WALK



Visit Dookie and take a walk up Mount Major.

7 POINTS

HOOP



Can you hula-hoop? Watch the Activities in the Park video to learn how! See how many times you can hula-hoop without dropping it.

8 POINTS

SKIP



Skip with a skipping rope. Can you skip 20 times? How about 50?

5 POINTS

HOP



Play a game of hopscotch in your backyard or park.

10 POINTS

BOUNCE



Play a game of volleyball or soccer with balloons.



11 POINTS

FLY

Build a paper plane. Get your friends and have a competition.



12 POINTS

DANCE

Create a dance routine to your favourite song. Or learn a classic like the Nutbush or Macarena.



6 POINTS

FISH

Go fishing in the lake or river.



4 POINTS

DISCOVER

There are over 90 cows in the Moving Art herd. What is your favourite cow and where do they live? Go on a walking or riding tour of the herd.



9 POINTS

WATCH

Go bird watching in your backyard. How many birds can you see?



14 POINTS

COOK

How many different coloured fruit or vegetables can you make a healthy snack out of? Add a point for every colour you use.



11 POINTS

JUGGLE




Can you juggle more than three balls in the air? Add a point for every extra ball.



8 POINTS

SCOOT

Build an obstacle course in your back yard.


 Online video
 Online resource

www.getmoovingshepparton.com.au
 Visit our website for more fun activities, extra cards and videos.
 #getmooving #activitiesiniso #activitiesinthepark