

ACTIVE MOVEMENT AT HOME

HAVE SOME FUN
WITH THE MAX PACK
AT HOME!

WE'VE COME
UP WITH SOME
GREAT ACTIVITIES
FOR YOU TO DO



For more support visit:

publichealthslough.co.uk/campaigns/health-at-home

MAX



Draw with an adult a place where you could take Max for a walk.

MILLIE



Draw a picture of family and friends you'd like to go out with you and Millie.

RAFFY



Raffy loves shops. Can you create one in your house for him to visit?

OTIS



Otis loves parks. Pretend you are taking him out by walking round your garden

BETSY



Talk to an adult about the foods you would like to share with Betsy.

DAISY



Draw a picture of Daisy and one of his friends going for a walk.

TIGGY



Sit down for a little bit and wiggle your fingers and your toes.



Can you tell an adult a story about Max and all of his friends?