

General safety

Always ask an adult for help with anything you are not sure of, or which you think you shouldn't be doing by yourself!

Remember to wrap up warm if you are going outside to do any of the activities.

For any of the timed challenges, be careful not to slip, trip or fall when completing them and be aware of objects and people around you, so you don't knock anything or anyone over!

And remember to wash your hands after doing anything messy.

