

		<i>Example</i>	Sat 20th	Sun 21st	Mon 22nd	Tues 23rd	Wed 24th	Thurs 25th	Fri 26th
<b>Choose</b>	What activity will you try?	<i>Egg and spoon race</i>							
	How will you play?	<i>Outside, in teams of two, best of three races</i>							
	Who is playing?	<i>My family</i>							
<b>Challenge</b>	Who will you challenge?	<i>My Auntie's family</i>							
<b>Capture</b>	How will you capture the memory?	<i>Photos, videos, and timing the races</i>							
<b>Reflect</b>	What did you learn?	<i>My sister and I make a great team</i>							

Can you find a challenge to complete each day of NSSW at Home 2020?

For each day you complete, colour a section of the rainbow. Can you complete the rainbow to match the Thank You rainbow before the week is through?



#NSSWtogether



YOUTH  
SPORT  
TRUST

sky sports