



Here's an idea

This doesn't have to be a food, it could be a behaviour or a habit like buying sweets from the shop on the way home from school. Perhaps you could discuss this as a group and why people are giving up these things.

Age 14 - 18

Age 5 - 7

Age 7 - 11

Activity details

This activity counts towards...



- Pancake Day - Batterman

£	Indoors/Outdoors
Day/Night	

- | | |
|---|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11 |
| <input type="checkbox"/> 3 - 5 | |
-

- | | |
|---------------------------------|--|
| <input type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input type="checkbox"/> Summer | <input type="checkbox"/> Winter |
-

Skills:

- Self motivation

Equipment: