



## 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: