

Warm up for Peppa Pig's Muddy Puddle Walk!

ACTIVITIES TO GET YOUR LITTLE ONES READY FOR THE BIG DAY

Our mini-exercise activity is a great way to build up to the Muddy Puddle challenge.

Get your little ones moving, stretching and jumping with a different activity a day in the two weeks leading up to your Muddy Puddle Walk.

The countdown starts here!



10 Days to go

Breathe in and breathe out deeply – ten times. Wiggle your fingers, wiggle your toes.

9 Days to go

Head and shoulders knees and toes. Get mummy and daddy involved and do some training at home.

8 Days to go

Join Miss Rabbit and wiggle your waist with a hula hoop.

7 Days to go

Do ten jumping jacks with Peppa and Suzy.

6 Days to go

Dance and sing - to Peppa Pig's Muddy Puddle Walk song (savethechildren.org.uk/mpwresources).

5 Days to go

Chase and pop the bubbles with Danny Dog.



4 Days to go

Kick a ball into the goal with George.

3 Days to go

With Mummy Pig try walking along a rope laid out on the ground.

2 Days to go

Do a wiggle worm race with Peppa.

1 Day to go

You're ready! Rest up and stretch your fingers and stretch your toes.